

# Deviled Eggs

Meal Components: Meat / Meat Alternate

Main Dishes, D-02

Ingredients	25 Servings		50 Servings		Directions
	Weight	Measure	Weight	Measure	
Fresh large eggs		25 each		50 each	<ol style="list-style-type: none"> <li>Place eggs in a large pot and cover with cold water. Bring to a boil and simmer for 10 minutes. Drain and rinse in cold water. Refrigerate until cool.</li> <li>Peel eggs and cut in half. Remove yolks and place in a separate bowl.</li> <li>Mash egg yolks, adding salad dressing or mayonnaise, vinegar, both mustards, sugar and salt.</li> </ol>
Reduced calorie salad dressing	7 oz	¾ cup 2 Tbsp	14 oz	1 ¾ cups	
OR	OR	OR	OR	OR	
Lowfat mayonnaise	7 oz	¾ cup 2 Tbsp	14 oz	1 ¾ cups	
White vinegar		1 tsp		2 tsp	
Dry mustard		1 tsp		2 tsp	
Prepared yellow mustard		1 ½ tsp		1 Tbsp	

Salt

1 tsp

2 tsp

4. Place ½ oz (1 Tbsp) of yolk mixture in each egg white half.
5. Cover. Hold at 40 degrees F or colder. Portion is 2 half eggs.

Serving	Yield	Volume
2 halves provide 1 large egg or the equivalent of 2 oz of cooked lean meat.	<b>25 Servings:</b> 3 lb 2 oz	<b>25 Servings:</b> 50 half eggs
	<b>50 Servings:</b> 6 lb 4 oz	<b>50 Servings:</b> 100 half eggs

Nutrients Per Serving					
Calories	100	Saturated Fat	1.89 g	Iron	0.78 mg
Protein	6.34 g	Cholesterol	216 mg	Calcium	26 mg
Carbohydrate	3.46 g	Vitamin A	322 IU	Sodium	230 mg
Total Fat	6.53 g	Vitamin C		Dietary Fiber	0.1 g