

Deviled Eggs

Clean up is heavenly when you make these delicious deviled eggs!

 Level: Easy

Serves 6

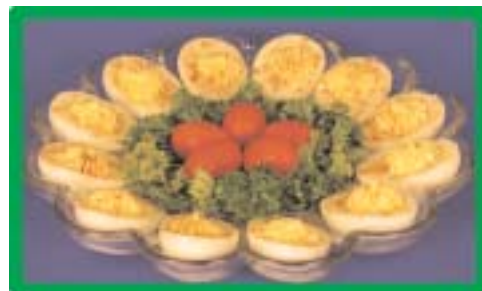
Kids' Tool Kit

Knife
Cutting board
Measuring cups
Measuring spoons
Zip-style bag
Scissors
Spoon



Ingredients:

6 hard-boiled eggs, peeled
1/4 cup mayonnaise
1/8 teaspoon salt
1/8 teaspoon pepper



Directions:

Remember to wash your hands!

1. Slice eggs into halves lengthwise and save the whites.
2. Place yolks in a 1 quart zip-style bag with remaining ingredients; press out air. Close bag and knead until ingredients are well-blended.
3. Push contents toward corner of bag. Snip about 1/2 inch or less off the corner of bag. Squeezing bag gently, fill reserved whites with yolk mixture.
4. Chill to blend flavors.

Chef's Choice

Deviled Eggs
Tuna salad sandwiches
Carrots
Milk



Helpful Hints: How to cook a perfect hard-boiled egg: Cover eggs with water in saucepan. Bring to boil. Reduce heat to simmer; cook for 15 minutes. Immediately rinse under cold water to stop cooking and to ease peeling. Refrigerate until use. Egg yolks turn green when they are overcooked.



Safety Tip: Be sure to refrigerate leftover eggs. Eat within two days, or discard.

Nutrition Facts

Serving Size 1 egg (60g)
Servings Per Container 6

Amount Per Serving

Calories 120 Calories from Fat 80

% Daily Value*

Total Fat 9g 13%

Saturated Fat 2g 11%

Cholesterol 215mg 72%

Sodium 180mg 8%

Total Carbohydrate 3g 1%

Dietary Fiber 0g 0%

Sugars 2g

Protein 6g

Vitamin A 6% • Vitamin C 0%

Calcium 2% • Iron 4%

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

	Calories: 2,000	2,500
Total Fat	Less than 65g	80g
Saturated Fat	Less than 20g	25g
Cholesterol	Less than 300mg	300mg
Sodium	Less than 2,400mg	2,400mg
Total Carbohydrate	300g	375g
Dietary Fiber	25g	30g

Calories per gram:
Fat 9 • Carbohydrate 4 • Protein 4

For more information about this and other fun recipes: contact your county extension office or visit the Web site at www.kidsacookin.ksu.edu, or e-mail kidsacookin@ksu.edu.

This material was funded by USDA's Supplemental Nutrition Assistance Program (SNAP) through a contract awarded by the Kansas Department for Children and Families. USDA is an equal opportunity employer and provider. SNAP provides nutrition assistance to people with low income. It can help you buy nutritious foods for a better diet. To find out more call 1-800-221-5689.