

Angeled Eggs



Vegetarian



Gluten Free



Dairy Free



Low Fod Map

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READY IN

ready

45 min.

SERVINGS

servings

24

CALORIES

calories

53 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 0.3 teaspoon celery seed
- ☐ 12 eggs
- ☐ 24 servings ground pepper black to taste
- ☐ 0.3 teaspoon paprika for garnish
- ☐ 0.3 cup ranch dressing
- ☐ 6 tablespoons creamy salad dressing miracle whip® such as
- ☐ 2 tablespoons relish sweet
- ☐ 1 tablespoon mustard yellow prepared

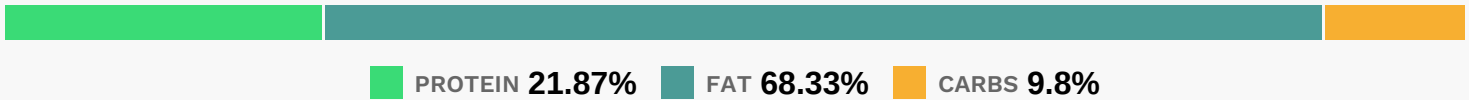
Equipment

- ☐ bowl
- ☐ sauce pan

Directions

- ☐ Place eggs into a large saucepan, cover with water, and bring to a boil.
- ☐ Cook for 15 minutes, and cool the eggs under a stream of cold water in the sink, 10 to 15 minutes.
- ☐ Peel the eggs and slice in half lengthwise.
- ☐ Scoop the egg yolks into a bowl, and mash them with a fork.
- ☐ Mix in the ranch dressing, creamy salad dressing, pickle relish, yellow mustard, celery seed, and black pepper until thoroughly combined.
- ☐ Spoon the filling into the egg white halves.
- ☐ Sprinkle each egg half with a pinch of paprika.

Nutrition Facts



Properties

Glycemic Index:3.29, Glycemic Load:0.01, Inflammation Score:-1, Nutrition Score:2.5739130147773%

Flavonoids

Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg Luteolin: 0.16mg, Luteolin: 0.16mg, Luteolin: 0.16mg, Luteolin: 0.16mg

Nutrients (% of daily need)

Calories: 53.01kcal (2.65%), Fat: 3.98g (6.13%), Saturated Fat: 0.97g (6.06%), Carbohydrates: 1.29g (0.43%), Net Carbohydrates: 1.21g (0.44%), Sugar: 0.95g (1.06%), Cholesterol: 82.49mg (27.5%), Sodium: 105.6mg (4.59%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 2.87g (5.74%), Selenium: 7.13µg (10.19%), Vitamin K: 6.61µg (6.3%), Vitamin B2: 0.1mg (6.12%), Phosphorus: 49.92mg (4.99%), Vitamin B5: 0.36mg (3.61%), Vitamin B12: 0.2µg (3.33%), Vitamin A: 147.5IU (2.95%), Vitamin D: 0.44µg (2.95%), Folate: 10.53µg (2.63%), Vitamin E: 0.38mg (2.53%), Iron: 0.45mg (2.48%), Vitamin B6: 0.04mg (2.1%), Zinc: 0.3mg (2%), Calcium: 14.77mg (1.48%), Manganese: 0.03mg (1.29%), Potassium: 38.25mg (1.09%), Copper: 0.02mg (1.01%)