

Bacon Deviled Eggs



Gluten Free



Dairy Free



Low Fod Map

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READY IN

ready

60 min.

SERVINGS

servings

24

CALORIES

calories

65 kcal

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ANTIPASTI

STARTER

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Ingredients



6 slices bacon



12 eggs



0.3 cup ranch dressing

Equipment



bowl



frying pan



paper towels

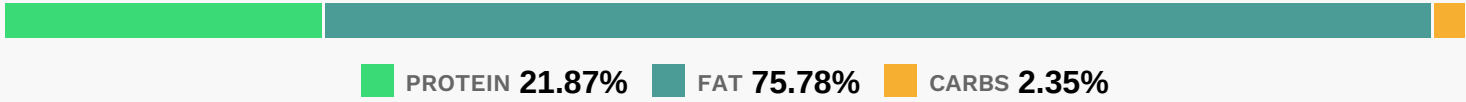


sauce pan

Directions

- ☐ Place the eggs into a saucepan in a single layer and fill with water to cover the eggs by 1 inch. Cover the saucepan and bring the water to a boil over high heat.
- ☐ Remove from the heat and let the eggs stand in the hot water for 15 minutes.
- ☐ Drain. Cool the eggs under cold running water. Peel once cold. Halve the eggs lengthwise and scoop the yolks into a bowl. Mash the yolks with a fork.
- ☐ Cook the bacon in a large, deep skillet over medium-high heat until evenly browned, about 10 minutes.
- ☐ Drain on a paper towel-lined plate; chop once cool.
- ☐ Add to the egg yolks with the ranch dressing. Spoon the mixture into the egg white halves. Arrange on a tray and refrigerate at least 30 minutes before serving.

Nutrition Facts



Properties

Glycemic Index:0, Glycemic Load:0, Inflammation Score:-1, Nutrition Score:2.5760869850283%

Nutrients (% of daily need)

Calories: 65.14kcal (3.26%), Fat: 5.39g (8.29%), Saturated Fat: 1.59g (9.96%), Carbohydrates: 0.38g (0.13%), Net Carbohydrates: 0.38g (0.14%), Sugar: 0.2g (0.22%), Cholesterol: 86.12mg (28.71%), Sodium: 90.18mg (3.92%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.5g (7%), Selenium: 7.95µg (11.35%), Vitamin B2: 0.11mg (6.3%), Phosphorus: 56.13mg (5.61%), Vitamin B5: 0.39mg (3.88%), Vitamin B12: 0.23µg (3.79%), Vitamin K: 3.42µg (3.25%), Vitamin D: 0.46µg (3.1%), Vitamin B6: 0.05mg (2.64%), Folate: 10.44µg (2.61%), Vitamin A: 121.79IU (2.44%), Zinc: 0.35mg (2.35%), Iron: 0.41mg (2.31%), Vitamin E: 0.31mg (2.07%), Vitamin B1: 0.02mg (1.62%), Calcium: 13.3mg (1.33%), Potassium: 42.85mg (1.22%), Vitamin B3: 0.24mg (1.2%)