



BBQ Ranch Deviled Eggs

 Vegetarian  Gluten Free  Dairy Free

READY IN



10 min.

SERVINGS



16

CALORIES



60 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 3 tablespoons bbq sauce prepared
- 1 teaspoon dijon mustard
- 8 large eggs peeled
- 2 green onions finely chopped
- 1 tablespoon mayonnaise
- 3 tablespoons ranch dressing

Equipment

- bowl

- sauce pan
- ziploc bags
- pastry bag

Directions

- Slice the eggs in half lengthwise, putting the yolks in a medium bowl and the whites on a platter. (Cover the platter with rinsed, uncooked white beans if you want to keep the egg whites from slipping around.) Use a fork to mash the yolks and mix in the mayonnaise, mustard, and ranch dressing.
- Place the yolk mixture into a sturdy resealable plastic bag, push into one corner, and cut off the tip to make a pastry bag. Pipe the yolk mixture into the whites.
- Drizzle the BBQ sauce over the eggs using a squeeze bottle (or make another little pastry bag and cut out just a tiny tip for the sauce).
- Sprinkle with the green onions and serve.
- Cook's Note: For perfect boiled eggs, place the eggs in a single layer in a large saucepan and cover with cold water. Bring to a boil and boil for 1 minute. Cover, turn off flame, and allow to sit undisturbed for 13 minutes. Rinse in cold water and peel.

Nutrition Facts

PROTEIN 22.06% **FAT 65.67%** **CARBS 12.27%**

Properties

Glycemic Index:7.13, Glycemic Load:0.03, Inflammation Score:-1, Nutrition Score:2.9430434664954%

Flavonoids

Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Quercetin: 0.16mg, Quercetin: 0.16mg, Quercetin: 0.16mg, Quercetin: 0.16mg

Nutrients (% of daily need)

Calories: 60.11kcal (3.01%), Fat: 4.32g (6.64%), Saturated Fat: 1.08g (6.77%), Carbohydrates: 1.82g (0.61%), Net Carbohydrates: 1.73g (0.63%), Sugar: 1.36g (1.51%), Cholesterol: 94.1mg (31.37%), Sodium: 103.87mg (4.52%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.26g (6.53%), Selenium: 7.95µg (11.36%), Vitamin K: 8.44µg (8.04%), Vitamin B2: 0.12mg (7.07%), Phosphorus: 56.46mg (5.65%), Vitamin B5: 0.41mg (4.15%), Vitamin B12: 0.23µg (3.81%), Vitamin D: 0.5µg (3.36%), Folate: 12.95µg (3.24%), Vitamin A: 159.16IU (3.18%), Iron: 0.5mg (2.76%), Vitamin E: 0.39mg (2.59%), Vitamin B6: 0.05mg (2.35%), Zinc: 0.34mg (2.28%), Calcium: 17.22mg (1.72%),

Potassium: 48.7mg (1.39%), Copper: 0.02mg (1.13%), Magnesium: 4.03mg (1.01%)