

Creamy Deviled Eggs

 Vegetarian  Gluten Free

READY IN



45 min.

SERVINGS



12

CALORIES



148 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 8 ounce cream cheese softened
- 1 dill pickles finely chopped
- 12 eggs
- 0.5 cup onion chopped
- 0.3 cup salad dressing ranch-style

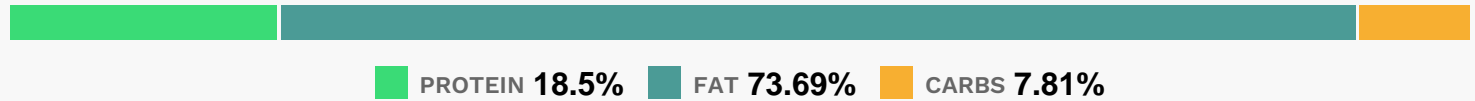
Equipment

- bowl
- sauce pan

Directions

- Place eggs in a large saucepan and cover with cold water. Bring water to a boil and immediately remove from heat. Cover and let eggs stand in hot water for 10 to 12 minutes.
- Remove from hot water, cool and peel.
- Slice eggs in half lengthwise and remove yolks.
- Place yolks in a medium bowl. Mash together with ranch-style salad dressing.
- Mix in the cream cheese, then the onion and dill pickle.
- Fill the hollowed egg whites generously with the egg yolk mixture. Chill in the refrigerator until serving.

Nutrition Facts



Properties

Glycemic Index:4.5, Glycemic Load:0.42, Inflammation Score:-3, Nutrition Score:5.480869534223%

Flavonoids

Isorhamnetin: 0.33mg, Isorhamnetin: 0.33mg, Isorhamnetin: 0.33mg, Isorhamnetin: 0.33mg Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg Quercetin: 1.35mg, Quercetin: 1.35mg, Quercetin: 1.35mg, Quercetin: 1.35mg

Nutrients (% of daily need)

Calories: 148.05kcal (7.4%), Fat: 12.09g (18.6%), Saturated Fat: 5.39g (33.72%), Carbohydrates: 2.88g (0.96%), Net Carbohydrates: 2.71g (0.99%), Sugar: 1.93g (2.14%), Cholesterol: 182.77mg (60.92%), Sodium: 230.68mg (10.03%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 6.83g (13.66%), Selenium: 15.3µg (21.85%), Vitamin B2: 0.25mg (14.67%), Phosphorus: 111.12mg (11.11%), Vitamin A: 503.82IU (10.08%), Vitamin B5: 0.79mg (7.93%), Vitamin B12: 0.43µg (7.22%), Folate: 24.08µg (6.02%), Vitamin D: 0.88µg (5.87%), Vitamin E: 0.78mg (5.17%), Vitamin B6: 0.1mg (4.97%), Vitamin K: 5.12µg (4.88%), Calcium: 48.28mg (4.83%), Iron: 0.83mg (4.63%), Zinc: 0.68mg (4.56%), Potassium: 106.95mg (3.06%), Magnesium: 8.35mg (2.09%), Copper: 0.04mg (2.02%), Vitamin B1: 0.03mg (1.92%), Manganese: 0.03mg (1.38%)