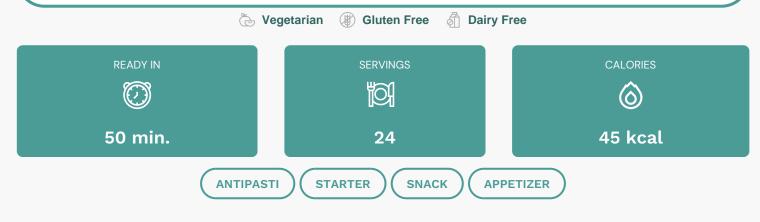


Deviled Eggs with a Twist



Ingredients

12 eggs
O.5 cup celery finely chopped
5 tablespoons ranch dressing
1 teaspoon mustard yellow
0.3 teaspoon salt
1 serving plum tomatoes fresh chopped (Roma)
1 serving spring onion chopped

Equipment

DOWI
sauce pan
Directions
In 4-quart saucepan, place eggs in single layer.
Add enough water to cover eggs by 1 inch.
Heat to boiling. Immediately remove from heat; cover and let stand 15 minutes.
Drain water from eggs; rinse eggs with cold water.
Place eggs in bowl of ice water; let stand 10 minutes.
To remove shell, crack it by tapping gently all over; roll between hands to loosen. Peel, starting at large end.
Cut eggs lengthwise in half. Into medium bowl, slip out yolks; mash with fork. Stir in celery, dressing, mustard and salt until well blended.
Spoon yolk mixture into egg white halves. Top eggs with tomatoes and green onions.
Nutrition Facts
70 570/
PROTEIN 25.51% FAT 70.57% CARBS 3.92%

Properties

Glycemic Index:5.58, Glycemic Load:0.01, Inflammation Score:-1, Nutrition Score:2.432608689303%

Flavonoids

Apigenin: 0.06mg, Apigenin: 0.06mg, Apigenin: 0.06mg, Apigenin: 0.06mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.04mg, Quercetin: 0.04mg, Quercetin: 0.04mg

Nutrients (% of daily need)

Calories: 45.41kcal (2.27%), Fat: 3.49g (5.38%), Saturated Fat: 0.91g (5.67%), Carbohydrates: 0.44g (0.15%), Net Carbohydrates: 0.39g (0.14%), Sugar: 0.27g (0.3%), Cholesterol: 82.65mg (27.55%), Sodium: 87.64mg (3.81%), Alcohol: Og (100%), Alcohol %: O% (100%), Protein: 2.84g (5.68%), Selenium: 6.94µg (9.92%), Vitamin B2: 0.1mg (6.16%), Vitamin K: 5.39µg (5.14%), Phosphorus: 50.21mg (5.02%), Vitamin B5: 0.37mg (3.68%), Vitamin B12: 0.2µg (3.35%), Vitamin D: 0.44µg (2.95%), Folate: 11.4µg (2.85%), Vitamin A: 132.42IU (2.65%), Iron: 0.41mg (2.26%), Vitamin E: 0.31mg (2.06%), Vitamin B6: 0.04mg (2.01%), Zinc: 0.29mg (1.96%), Calcium: 14.37mg (1.44%), Potassium: 38.94mg (1.11%)