



Deviled Eggs with a Twist

 Vegetarian  Gluten Free  Dairy Free

READY IN



50 min.

SERVINGS



24

CALORIES



45 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 12 eggs
- 0.5 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

- bowl
- 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

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 Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Quercetin: 0.04mg, Quercetin: 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: 0g (100%), Alcohol %: 0% (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%)