



Deviled Eggs with a Twist



Vegetarian



Gluten Free



Dairy Free

READY IN



50 min.

SERVINGS



24

CALORIES



47 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 0.5 cup celery finely chopped
- ☐ 12 eggs
- ☐ 24 servings spring onion chopped
- ☐ 24 servings plum tomatoes fresh chopped (Roma)
- ☐ 5 tablespoons ranch dressing
- ☐ 0.3 teaspoon salt
- ☐ 1 teaspoon mustard yellow

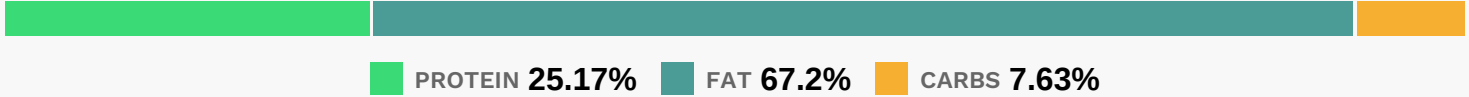
Equipment

- ☐ 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



Properties

Glycemic Index:5.58, Glycemic Load:0.11, Inflammation Score:-1, Nutrition Score:3.300000048202%

Flavonoids

Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg 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: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg Quercetin: 0.65mg, Quercetin: 0.65mg, Quercetin: 0.65mg, Quercetin: 0.65mg

Nutrients (% of daily need)

Calories: 47.42kcal (2.37%), Fat: 3.51g (5.4%), Saturated Fat: 0.91g (5.69%), Carbohydrates: 0.9g (0.3%), Net Carbohydrates: 0.69g (0.25%), Sugar: 0.43g (0.47%), Cholesterol: 82.65mg (27.55%), Sodium: 88.61mg (3.85%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.96g (5.91%), Vitamin K: 17.37µg (16.54%), Selenium: 6.98µg (9.97%), Vitamin B2: 0.11mg (6.45%), Phosphorus: 52.56mg (5.26%), Vitamin A: 197.73IU (3.95%), Folate: 15.23µg (3.81%), Vitamin B5: 0.37mg (3.73%), Vitamin B12: 0.2µg (3.35%), Vitamin D: 0.44µg (2.95%), Iron: 0.49mg (2.74%), Vitamin E: 0.35mg (2.3%), Vitamin B6: 0.04mg (2.22%), Zinc: 0.32mg (2.12%), Calcium: 18.6mg (1.86%), Potassium:

57.08mg (1.63%), Vitamin C: 1.33mg (1.61%), Copper: 0.02mg (1.15%), Magnesium: 4.44mg (1.11%), Manganese: 0.02mg (1.07%)