



Ranch Deviled Eggs

 Vegetarian  Gluten Free  Dairy Free  Low Fod Map

READY IN



60 min.

SERVINGS



24

CALORIES



42 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 12 eggs
- 3 teaspoons ranch seasoning dry (from 1-oz envelope)
- 0.3 cup salad dressing
- 1 teaspoon dijon mustard
- 1 tablespoon chives chopped

Equipment

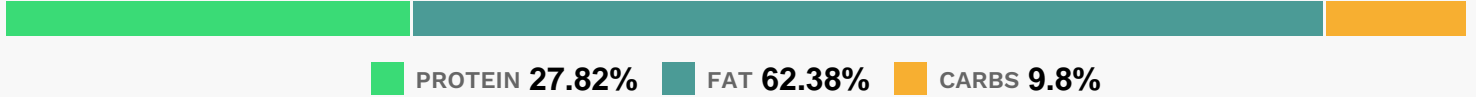
- bowl
- sauce pan

dutch oven

Directions

- In 4-quart saucepan or Dutch oven, 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; rinse 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 dressing mix, mayonnaise and mustard into yolks.
- Spoon or pipe yolk mixture into egg white halves.
- Sprinkle with chives. Refrigerate at least 30 minutes before serving.

Nutrition Facts



Properties

Glycemic Index:3.21, Glycemic Load:0, Inflammation Score:-1, Nutrition Score:2.1873912945714%

Flavonoids

Isorhamnetin: 0.01mg, Isorhamnetin: 0.01mg, Isorhamnetin: 0.01mg, Isorhamnetin: 0.01mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

Nutrients (% of daily need)

Calories: 41.54kcal (2.08%), Fat: 2.79g (4.29%), Saturated Fat: 0.79g (4.91%), Carbohydrates: 0.99g (0.33%), Net Carbohydrates: 0.97g (0.35%), Sugar: 0.44g (0.49%), Cholesterol: 81.84mg (27.28%), Sodium: 122.2mg (5.31%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.8g (5.6%), Selenium: 6.89µg (9.84%), Vitamin B2: 0.1mg (5.93%), Phosphorus: 44.35mg (4.43%), Vitamin B5: 0.34mg (3.38%), Vitamin B12: 0.2µg (3.26%), Vitamin D: 0.44µg (2.93%), Folate: 10.49µg (2.62%), Vitamin A: 125.56IU (2.51%), Iron: 0.4mg (2.22%), Vitamin K: 2.16µg (2.06%), Vitamin E: 0.3mg (2.02%), Vitamin B6: 0.04mg (1.99%), Zinc: 0.29mg (1.92%), Calcium: 12.99mg (1.3%)