

# Ranch Deviled Eggs

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## Servings: 24

12 large eggs  
1/3 cup prepared Ranch dip  
sliced scallions (for garnish)  
shredded Parmesan cheese (for garnish)  
ranch flavored chips

In a wide pot, place the eggs and cover with cold water by one inch. Bring to a boil. Reduce the heat to medium low and simmer for 10 minutes.

Drain the eggs and run under cold water to cool slightly. Peel and halve each egg lengthwise.

Scoop out the yolks and place in a large bowl. Add the Ranch dip. Mash together.

Spoon into the egg whites. Top with scallions and Parmesan. Serve with ranch flavored chips.

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Per Serving (excluding unknown items): 37 Calories; 2g Fat (62.6% calories from fat); 3g Protein; trace Carbohydrate; 0g Dietary Fiber; 106mg Cholesterol; 35mg Sodium. Exchanges: 1/2 Lean Meat; 0 Fat.

Appetizers

## Per Serving Nutritional Analysis

Calories (kcal):	37
% Calories from Fat:	62.6%
% Calories from Carbohydrates:	2.2%
% Calories from Protein:	35.2%
Total Fat (g):	2g
Saturated Fat (g):	1g
Monounsaturated Fat (g):	1g
Polyunsaturated Fat (g):	trace
Cholesterol (mg):	106mg
Carbohydrate (g):	trace
Dietary Fiber (g):	0g
Protein (g):	3g
	35mg

Vitamin B6 (mg):	trace
Vitamin B12 (mcg):	.3mcg
Thiamin B1 (mg):	trace
Riboflavin B2 (mg):	.1mg
Folacin (mcg):	12mcg
Niacin (mg):	trace
Caffeine (mg):	0mg
Alcohol (kcal):	0
% Refuse:	0.0%

## Food Exchanges

Grain (Starch):	0
Lean Meat:	1/2

**Sodium (mg):**  
**Potassium (mg):** 34mg  
**Calcium (mg):** 13mg  
**Iron (mg):** trace  
**Zinc (mg):** trace  
**Vitamin C (mg):** 0mg  
**Vitamin A (i.u.):** 122IU  
**Vitamin A (r.e.):** 35RE

**Vegetable:**  
**Fruit:** 0  
**Non-Fat Milk:** 0  
**Fat:** 0  
**Other Carbohydrates:** 0

## Nutrition Facts

Servings per Recipe: 24

### Amount Per Serving

**Calories** 37 Calories from Fat: 23

#### % Daily Values\*

<b>Total Fat</b>	2g		4%
	Saturated Fat	1g	4%
<b>Cholesterol</b>	106mg		35%
<b>Sodium</b>	35mg		1%
<b>Total Carbohydrates</b>	trace		0%
	Dietary Fiber	0g	0%
<b>Protein</b>	3g		

<b>Vitamin A</b>		2%
<b>Vitamin C</b>		0%
<b>Calcium</b>		1%
<b>Iron</b>		3%

\* Percent Daily Values are based on a 2000 calorie diet.