



Crab-Stuffed Deviled Eggs

 Gluten Free

READY IN



72 min.

SERVINGS



12

CALORIES



70 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 0.5 teaspoon ground aleppo pepper
- ☐ 0.1 teaspoon cayenne pepper plus more for garnish
- ☐ 4 ounces crab meat fresh divided
- ☐ 1 teaspoon crème fraîche to taste
- ☐ 1 teaspoon dijon mustard
- ☐ 6 large eggs
- ☐ 1 tablespoon chives fresh divided chopped
- ☐ 2 teaspoons tarragon fresh chopped

- ☐ 1 teaspoon juice of lemon
- ☐ 0.5 teaspoon lemon zest freshly grated
- ☐ 3 tablespoons mayonnaise to taste
- ☐ 0.5 teaspoon pepper sauce hot to taste
- ☐ 1 pinch salt and pepper black freshly ground to taste
- ☐ 1 pinch seafood seasoning old bay® (such as)
- ☐ 3 drops worcestershire sauce

Equipment

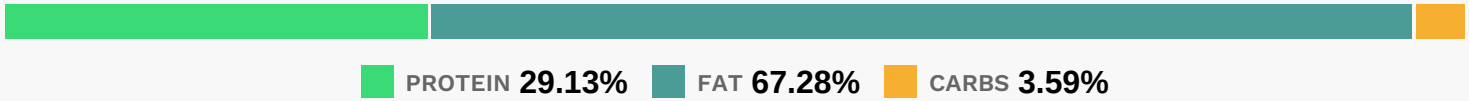
- ☐ bowl
- ☐ frying pan
- ☐ mixing bowl
- ☐ pot

Directions

- ☐ Place cold eggs from refrigerator into a large pot and add enough cold water to cover eggs by 1 inch.
- ☐ Place over high heat, bring to a simmer, and cover pot once eggs start to move around.
- ☐ Remove from heat and let stand for 17 minutes.
- ☐ Drain hot water from pan, cover with lid, and shake pot to lightly crack eggs. Fill pot with cold water, pour off cold water, and refill with more cold water.
- ☐ Let eggs stand in water until cold. Peel eggs and cut in half lengthwise.
- ☐ Separate yolks from egg halves; place yolks into a mixing bowl.
- ☐ Place crab meat onto a plate and separate into 2 equal portions, one containing the small bits and one containing the attractive larger pink chunks. Reserve portion containing larger chunks.
- ☐ Chop the portion of crab meat with the smaller chunks; add to egg yolks. Mash yolks with a fork. Stir in mayonnaise, tarragon, Dijon mustard, lemon juice, hot pepper sauce, seafood seasoning, Worcestershire sauce, salt, and black pepper.

- ☐ Transfer yolk mixture into a piping bag fitted with a medium tip. Pipe crab filling into cavities of egg halves.
- ☐ Chop largest crab pieces and place remaining crabmeat into a small bowl. Lightly stir in lemon zest, creme fraiche, Aleppo pepper, and cayenne pepper with a fork. Taste and adjust salt. If mixture seems dry, stir in more creme fraiche. Top each stuffed egg with a generous pinch of crab mixture.
- ☐ Sprinkle each deviled egg with a pinch of chives and a light dusting of cayenne pepper.
- ☐ Transfer eggs to a serving platter; refrigerate until serving time.

Nutrition Facts



Properties

Glycemic Index:21.75, Glycemic Load:0.12, Inflammation Score:-1, Nutrition Score:4.6604347812093%

Flavonoids

Eriodictyol: 0.02mg, Eriodictyol: 0.02mg, Eriodictyol: 0.02mg, Eriodictyol: 0.02mg Hesperetin: 0.06mg, Hesperetin: 0.06mg, Hesperetin: 0.06mg Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg Isorhamnetin: 0.02mg, Isorhamnetin: 0.02mg, Isorhamnetin: 0.02mg, Isorhamnetin: 0.02mg Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

Nutrients (% of daily need)

Calories: 70.38kcal (3.52%), Fat: 5.18g (7.97%), Saturated Fat: 1.25g (7.8%), Carbohydrates: 0.62g (0.21%), Net Carbohydrates: 0.52g (0.19%), Sugar: 0.19g (0.21%), Cholesterol: 98.64mg (32.88%), Sodium: 150.69mg (6.55%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 5.05g (10.1%), Vitamin B12: 1.08µg (17.96%), Selenium: 11.39µg (16.28%), Vitamin B2: 0.13mg (7.43%), Phosphorus: 73.5mg (7.35%), Vitamin K: 7.12µg (6.78%), Zinc: 0.92mg (6.11%), Copper: 0.11mg (5.56%), Folate: 17.59µg (4.4%), Vitamin B5: 0.43mg (4.27%), Vitamin A: 202.95IU (4.06%), Iron: 0.68mg (3.78%), Vitamin B6: 0.07mg (3.49%), Vitamin D: 0.51µg (3.38%), Vitamin E: 0.42mg (2.81%), Calcium: 24.84mg (2.48%), Manganese: 0.05mg (2.43%), Magnesium: 9.6mg (2.4%), Potassium: 71.85mg (2.05%), Vitamin C: 1.43mg (1.73%), Vitamin B1: 0.02mg (1.15%)