



Crab-Stuffed Deviled Eggs

 Gluten Free  Dairy Free

READY IN



45 min.

SERVINGS



16

CALORIES



71 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 0.1 teaspoon ground pepper
- ☐ 8 ounces crab meat
- ☐ 1.5 tablespoons tarragon fresh chopped
- ☐ 8 large hardboiled eggs peeled
- ☐ 2 teaspoons juice of lemon fresh
- ☐ 3 tablespoons mayonnaise
- ☐ 0.3 teaspoon hot sauce hot
- ☐ 1 tablespoon shallots minced

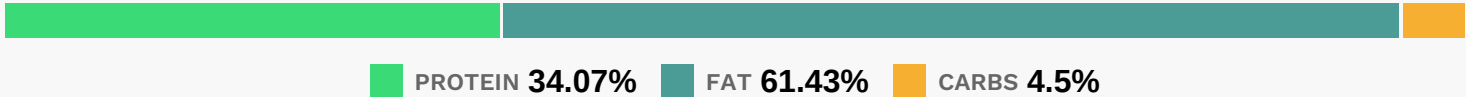
Equipment

☐ bowl

Directions

- ☐ Cut eggs lengthwise in half. Scoop out yolks.
- ☐ Place yolks from 4 eggs in medium bowl (reserve remaining yolks for another use). Mash yolks with fork.
- ☐ Mix in mayonnaise, chopped tarragon, minced shallot, lemon juice, cayenne, and hot pepper sauce.
- ☐ Mix in crab. Season to taste with salt and pepper.
- ☐ Mound crab mixture in cavity of each egg-white half (about 1 heaping tablespoon for each). (Can be prepared 4 hours ahead. Cover and refrigerate.)
- ☐ Place crab-stuffed deviled eggs on platter.
- ☐ Garnish each with small tarragon sprig, if desired, and serve.

Nutrition Facts



Properties

Glycemic Index:11.38, Glycemic Load:0.23, Inflammation Score:-1, Nutrition Score:5.2691304916921%

Flavonoids

Eriodictyol: 0.03mg, Eriodictyol: 0.03mg, Eriodictyol: 0.03mg, Eriodictyol: 0.03mg Hesperetin: 0.09mg, Hesperetin: 0.09mg, Hesperetin: 0.09mg Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg

Nutrients (% of daily need)

Calories: 71.09kcal (3.55%), Fat: 4.75g (7.31%), Saturated Fat: 1.15g (7.19%), Carbohydrates: 0.78g (0.26%), Net Carbohydrates: 0.71g (0.26%), Sugar: 0.36g (0.4%), Cholesterol: 100.31mg (33.44%), Sodium: 168.31mg (7.32%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 5.93g (11.86%), Vitamin B12: 1.56µg (25.94%), Selenium: 12.96µg (18.51%), Vitamin B2: 0.14mg (8.47%), Phosphorus: 77.13mg (7.71%), Zinc: 1.14mg (7.59%), Copper: 0.14mg (6.98%), Folate: 19.52µg (4.88%), Vitamin K: 4.37µg (4.16%), Vitamin B5: 0.41mg (4.06%), Vitamin D: 0.56µg (3.7%), Vitamin B6: 0.07mg (3.52%), Vitamin A: 169.34IU (3.39%), Iron: 0.61mg (3.38%), Manganese: 0.07mg (3.31%), Magnesium:

11.94mg (2.99%), Calcium: 27mg (2.7%), Potassium: 83.9mg (2.4%), Vitamin E: 0.35mg (2.33%), Vitamin C: 1.67mg (2.03%), Vitamin B1: 0.03mg (1.67%), Vitamin B3: 0.23mg (1.17%)