



Creole Shrimp Deviled Eggs

 Gluten Free

READY IN



45 min.

SERVINGS



24

CALORIES



43 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 3 tablespoons sauteed bell pepper green chopped
- ☐ 0.3 teaspoon creole seasoning
- ☐ 1 teaspoon dijon mustard
- ☐ 12 large eggs
- ☐ 1 tablespoon parsley fresh chopped
- ☐ 0.3 cup greek yogurt fat-free
- ☐ 1 green onion minced
- ☐ 0.3 teaspoon hot sauce

- ☐ 0.1 teaspoon salt
- ☐ 0.5 cup shrimp cooked finely chopped
- ☐ 24 servings shrimp cooked

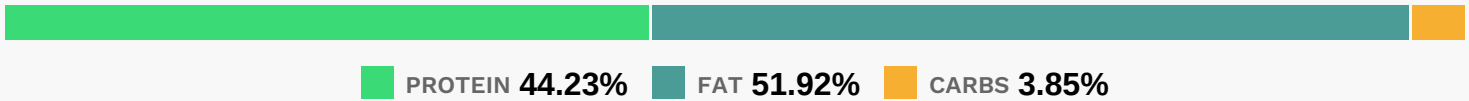
Equipment

- ☐ sauce pan

Directions

- ☐ Place eggs in a single layer in a stainless steel saucepan. (Do not use nonstick.)
- ☐ Add water to depth of 3 inches. Bring to a rolling boil; cook 1 minute. Cover, remove from heat, and let stand 10 minutes.
- ☐ Drain.
- ☐ Place eggs under cold running water until just cool enough to handle. Tap eggs on the counter until cracks form; peel.
- ☐ Slice eggs in half lengthwise, and carefully remove yolks. Mash together yolks, yogurt, and next 9 ingredients until smooth using a fork. Spoon yolk mixture into egg white halves. Top with cooked shrimp.
- ☐ Serve immediately, or cover and chill 1 hour before serving.

Nutrition Facts



Properties

Glycemic Index:5.75, Glycemic Load:0.02, Inflammation Score:-1, Nutrition Score:2.9456521978845%

Flavonoids

Apigenin: 0.36mg, Apigenin: 0.36mg, Apigenin: 0.36mg, Apigenin: 0.36mg Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 0.08mg, Quercetin: 0.08mg, Quercetin: 0.08mg, Quercetin: 0.08mg

Nutrients (% of daily need)

Calories: 43.13kcal (2.16%), Fat: 2.43g (3.74%), Saturated Fat: 0.79g (4.96%), Carbohydrates: 0.41g (0.14%), Net Carbohydrates: 0.35g (0.13%), Sugar: 0.23g (0.26%), Cholesterol: 102.68mg (34.23%), Sodium: 59.27mg (2.58%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 4.66g (9.33%), Selenium: 8.03µg (11.47%), Vitamin B2: 0.12mg (7.25%), Phosphorus: 66.77mg (6.68%), Vitamin B12: 0.24µg (4.03%), Vitamin B5: 0.4mg (3.95%), Vitamin K: 3.95µg (3.76%), Vitamin A: 167.32IU (3.35%), Vitamin D: 0.5µg (3.33%), Folate: 12.67µg (3.17%), Zinc: 0.42mg (2.83%), Iron: 0.5mg (2.76%), Vitamin B6: 0.05mg (2.4%), Calcium: 21.76mg (2.18%), Copper: 0.04mg (2.17%), Vitamin E: 0.28mg (1.85%), Potassium: 59.2mg (1.69%), Vitamin C: 1.3mg (1.57%), Magnesium: 5.81mg (1.45%)