



Deviled Eggs with Crab

 Gluten Free

READY IN



5 min.

SERVINGS



6

CALORIES



139 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 0.5 stick celery finely chopped
- ☐ 1 tablespoon dijon mustard
- ☐ 6 hardboiled eggs peeled halved
- ☐ 3 tablespoons chives fresh chopped
- ☐ 1 tablespoon juice of lemon fresh
- ☐ 4 ounces lump crab meat
- ☐ 2 tablespoons mascarpone cheese at room temperature
- ☐ 1 tablespoon mayonnaise

- ☐ 6 servings salt and pepper black freshly ground
- ☐ 1 tablespoon cup heavy whipping cream sour

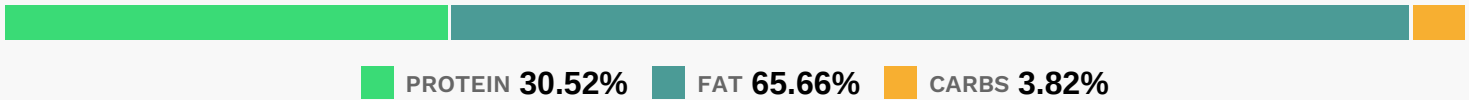
Equipment

- ☐ mixing bowl

Directions

- ☐ Watch how to make this recipe.
- ☐ In a medium mixing bowl combine the crabmeat, celery, mascarpone cheese, mayonnaise, sour cream, Dijon mustard, lemon juice, and chives. Season, to taste, with salt and pepper. Spoon the crab mixture into the egg halves.
- ☐ Transfer the filled eggs to a platter and serve.

Nutrition Facts



Properties

Glycemic Index:31.83, Glycemic Load:0.05, Inflammation Score:-3, Nutrition Score:8.6943479232166%

Flavonoids

Eriodictyol: 0.12mg, Eriodictyol: 0.12mg, Eriodictyol: 0.12mg, Eriodictyol: 0.12mg Hesperetin: 0.36mg, Hesperetin: 0.36mg, Hesperetin: 0.36mg, Hesperetin: 0.36mg Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg Apigenin: 0.09mg, Apigenin: 0.09mg, Apigenin: 0.09mg, Apigenin: 0.09mg Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg Isorhamnetin: 0.1mg, Isorhamnetin: 0.1mg, Isorhamnetin: 0.1mg, Isorhamnetin: 0.1mg Kaempferol: 0.16mg, Kaempferol: 0.16mg, Kaempferol: 0.16mg, Kaempferol: 0.16mg Quercetin: 0.09mg, Quercetin: 0.09mg, Quercetin: 0.09mg, Quercetin: 0.09mg

Nutrients (% of daily need)

Calories: 138.95kcal (6.95%), Fat: 9.91g (15.25%), Saturated Fat: 3.54g (22.11%), Carbohydrates: 1.3g (0.43%), Net Carbohydrates: 1.07g (0.39%), Sugar: 0.81g (0.9%), Cholesterol: 201.6mg (67.2%), Sodium: 268.44mg (11.67%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 10.37g (20.73%), Vitamin B12: 2.26µg (37.72%), Selenium: 23.29µg (33.27%), Vitamin B2: 0.27mg (16.13%), Phosphorus: 134.13mg (13.41%), Zinc: 1.69mg (11.27%), Copper: 0.19mg (9.43%), Vitamin A: 431.25IU (8.62%), Folate: 34.02µg (8.5%), Vitamin B5: 0.8mg (8.01%), Vitamin K: 8.36µg (7.96%), Vitamin D: 1.1µg (7.36%), Vitamin B6: 0.1mg (4.88%), Calcium: 47.78mg (4.78%), Iron: 0.79mg (4.42%), Magnesium: 17mg (4.25%), Vitamin E: 0.62mg (4.17%), Vitamin C: 3.29mg (3.99%), Potassium: 125.28mg (3.58%),

Vitamin B1: 0.05mg (3.27%), Manganese: 0.05mg (2.63%), Vitamin B3: 0.28mg (1.4%)