



 4%
HEALTH SCORE

Deviled Eggs With Crab

 Gluten Free

READY IN



45 min.

SERVINGS



6

CALORIES



120 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
- 1 tablespoon mayonnaise
- 6 servings pepper black freshly ground

2 tablespoons cream sour

Equipment

mixing bowl

Directions

In a medium-sized mixing bowl combine the crabmeat, celery, sour cream, mayonnaise, Dijon mustard, lemon juice, and chives. Stir until well combined. Season, to taste, with salt and pepper. Spoon the crab mixture into the egg halves.

Serve immediately or chilled until ready.

Nutrition Facts

 **PROTEIN 34.15%**  **FAT 61.46%**  **CARBS 4.39%**

Properties

Glycemic Index:31.83, Glycemic Load:0.05, Inflammation Score:-3, Nutrition Score:8.6665217391304%

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: 0.1mg, Apigenin: 0.1mg, Apigenin: 0.1mg, Apigenin: 0.1mg 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: 120.41kcal (6.02%), Fat: 8.05g (12.38%), Saturated Fat: 2.34g (14.62%), Carbohydrates: 1.29g (0.43%), Net Carbohydrates: 1.06g (0.39%), Sugar: 0.88g (0.98%), Cholesterol: 197.78mg (65.93%), Sodium: 266.31mg (11.58%), Protein: 10.06g (20.13%), Vitamin B12: 2.27µg (37.79%), Selenium: 23.37µg (33.38%), Vitamin B2: 0.28mg (16.33%), Phosphorus: 135.65mg (13.56%), Zinc: 1.7mg (11.32%), Copper: 0.19mg (9.45%), Folate: 34.14µg (8.53%), Vitamin B5: 0.81mg (8.08%), Vitamin K: 8.39µg (7.99%), Vitamin A: 373.71IU (7.47%), Vitamin D: 1.1µg (7.36%), Vitamin B6: 0.1mg (4.92%), Iron: 0.8mg (4.42%), Magnesium: 17.2mg (4.3%), Calcium: 42.8mg (4.28%), Vitamin E: 0.63mg (4.22%), Vitamin C: 3.31mg (4.01%), Potassium: 127.78mg (3.65%), Vitamin B1: 0.05mg (3.3%), Manganese: 0.05mg (2.64%), Vitamin B3: 0.28mg (1.41%)