



## Lobster Deviled Eggs



Gluten Free



Dairy Free

READY IN



40 min.

SERVINGS



24

CALORIES



59 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

## Ingredients

- ☐ 2 stalks celery thinly sliced
- ☐ 1 pinch celery salt
- ☐ 12 eggs
- ☐ 1 teaspoon chives fresh finely chopped
- ☐ 24 servings optional: dill fresh finely chopped for garnish
- ☐ 0.5 teaspoon ground mustard
- ☐ 1 pd of lobster whole frozen
- ☐ 4 tablespoons mayonnaise

- ☐ 24 servings paprika for sprinkling
- ☐ 0.5 onion diced red finely
- ☐ 24 servings salt and pepper black freshly ground
- ☐ 2 teaspoons citrus champagne vinegar

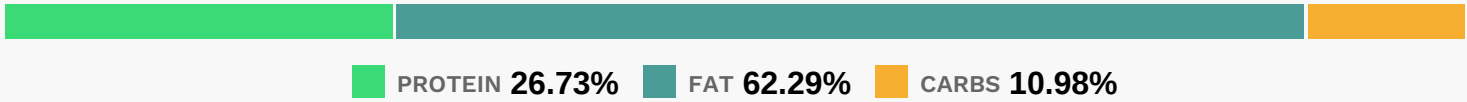
## Equipment

- ☐ bowl
- ☐ pot

## Directions

- ☐ Bring 3 to 4 inches of water to a boil in a large pasta pot.
- ☐ Add the lobster, cover and steam until fully cooked and the shell is bright red, 8 to 10 minutes.
- ☐ Remove the meat from the shell and dice into 1/2-inch chunks.
- ☐ Halve the eggs and reserve the yolks. In a bowl, mash the yolks and add the mayonnaise, white wine vinegar, ground mustard, chives, celery salt, salt and pepper to taste, celery and onions.
- ☐ Mix all together so that the yolk mixture is creamy. Fold in most of the lobster, reserving 24 small pieces.
- ☐ Add salt and pepper to taste, and then stuff the egg white halves with the filling.
- ☐ Garnish with a touch of fresh dill and a little piece of lobster.
- ☐ Sprinkle with paprika.

## Nutrition Facts



## Properties

Glycemic Index:9, Glycemic Load:0.14, Inflammation Score:-6, Nutrition Score:5.0169566040454%

## Flavonoids

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: 0.16mg, Isorhamnetin: 0.16mg, Isorhamnetin: 0.16mg, Isorhamnetin:

0.16mg Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg Quercetin: 0.54mg, Quercetin: 0.54mg, Quercetin: 0.54mg, Quercetin: 0.54mg

Nutrients (% of daily need)

Calories: 58.99kcal (2.95%), Fat: 4.16g (6.4%), Saturated Fat: 1.02g (6.37%), Carbohydrates: 1.65g (0.55%), Net Carbohydrates: 0.83g (0.3%), Sugar: 0.45g (0.5%), Cholesterol: 89.49mg (29.83%), Sodium: 74.12mg (3.22%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 4.02g (8.04%), Vitamin A: 1130.71IU (22.61%), Selenium: 10.39µg (14.84%), Vitamin B2: 0.13mg (7.62%), Vitamin K: 6.72µg (6.4%), Vitamin E: 0.95mg (6.32%), Phosphorus: 60.87mg (6.09%), Copper: 0.11mg (5.26%), Vitamin B5: 0.48mg (4.81%), Iron: 0.86mg (4.78%), Vitamin B6: 0.09mg (4.59%), Vitamin B12: 0.26µg (4.4%), Zinc: 0.57mg (3.82%), Folate: 13.88µg (3.47%), Fiber: 0.82g (3.3%), Manganese: 0.06mg (3.14%), Vitamin D: 0.44µg (2.96%), Potassium: 101.6mg (2.9%), Calcium: 24.18mg (2.42%), Magnesium: 9.23mg (2.31%), Vitamin B3: 0.32mg (1.6%), Vitamin B1: 0.02mg (1.26%)