



Pesto Eggs with Shrimp

 **Gluten Free**  **Dairy Free**

READY IN



20 min.

SERVINGS



32

CALORIES



68 kcal

CONDIMENT

DIP

SPREAD

SAUCE

Ingredients

- 16 hardboiled eggs
- 0.5 cup salad dressing
- 0.5 teaspoon garlic powder
- 0.5 teaspoon salt
- 0.1 teaspoon ground pepper red (cayenne)
- 1 cup shrimp cooked chopped
- 3 tablespoons basil pesto
- 32 large shrimp deveined cooked peeled

Equipment

- bowl
- knife

Directions

- Cut eggs lengthwise in half with rippled vegetable cutter or sharp knife. Carefully remove yolks and place in small bowl; reserve egg white halves.
- Mix yolks, mayonnaise, garlic powder, salt and red pepper until fluffy. Stir in chopped shrimp.
- Carefully spoon yolk mixture into egg white halves. (If not making ahead, cover and refrigerate up to 24 hours.)
- Just before serving, top each with about 1/4 teaspoon pesto. Top each with whole shrimp.
- Serve immediately.

Nutrition Facts



Properties

Glycemic Index:1.16, Glycemic Load:0, Inflammation Score:-1, Nutrition Score:3.0034782759359%

Nutrients (% of daily need)

Calories: 67.97kcal (3.4%), Fat: 4.04g (6.21%), Saturated Fat: 1.03g (6.46%), Carbohydrates: 0.88g (0.29%), Net Carbohydrates: 0.85g (0.31%), Sugar: 0.72g (0.8%), Cholesterol: 121.37mg (40.46%), Sodium: 137.67mg (5.99%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 6.73g (13.46%), Selenium: 7.79µg (11.12%), Phosphorus: 80.99mg (8.1%), Vitamin B2: 0.13mg (7.55%), Vitamin B12: 0.28µg (4.63%), Vitamin D: 0.55µg (3.67%), Copper: 0.07mg (3.61%), Vitamin B5: 0.35mg (3.5%), Zinc: 0.5mg (3.33%), Vitamin A: 162.92IU (3.26%), Folate: 11.03µg (2.76%), Calcium: 26.44mg (2.64%), Potassium: 81.23mg (2.32%), Iron: 0.41mg (2.27%), Vitamin E: 0.34mg (2.27%), Magnesium: 8.82mg (2.21%), Vitamin K: 2.14µg (2.04%), Vitamin B6: 0.03mg (1.68%), Vitamin B1: 0.02mg (1.16%)