



## Shrimp-and-Bacon Deviled Eggs

 **Gluten Free**  **Dairy Free**  **Low Fod Map**

READY IN



20 min.

SERVINGS



12

CALORIES



140 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

### Ingredients

- 0.3 cup bacon crumbled cooked
- 1 tablespoon dijon mustard
- 0.3 cup chives fresh chopped
- 0.5 teaspoon ground pepper red
- 12 hard-cooked eggs peeled
- 0.8 cup mayonnaise reduced-fat
- 0.1 teaspoon salt
- 1 cup shrimp cooked chopped

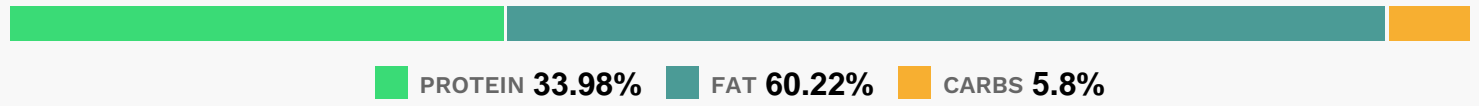
# Equipment

food processor

# Directions

Cut eggs in half lengthwise; remove yolks. Process yolks, mayonnaise, and next 3 ingredients in a food processor until smooth. Stir in shrimp, bacon, and chives; spoon into egg white halves. Cover and chill 4 hours.

# Nutrition Facts



# Properties

Glycemic Index:9.08, Glycemic Load:0.02, Inflammation Score:-2, Nutrition Score:5.9308694899082%

# Flavonoids

Isorhamnetin: 0.06mg, Isorhamnetin: 0.06mg, Isorhamnetin: 0.06mg, Isorhamnetin: 0.06mg Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg Quercetin: 0.04mg, Quercetin: 0.04mg, Quercetin: 0.04mg, Quercetin: 0.04mg

# Nutrients (% of daily need)

Calories: 140.06kcal (7%), Fat: 9.25g (14.23%), Saturated Fat: 2.59g (16.2%), Carbohydrates: 2g (0.67%), Net Carbohydrates: 1.9g (0.69%), Sugar: 1.1g (1.22%), Cholesterol: 224.97mg (74.99%), Sodium: 333.43mg (14.5%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 11.74g (23.48%), Selenium: 16.2µg (23.15%), Vitamin B2: 0.26mg (15.24%), Phosphorus: 132.37mg (13.24%), Vitamin B12: 0.56µg (9.25%), Vitamin K: 9.53µg (9.07%), Vitamin D: 1.1µg (7.33%), Vitamin B5: 0.71mg (7.14%), Vitamin A: 341.64IU (6.83%), Folate: 23.61µg (5.9%), Vitamin E: 0.85mg (5.68%), Zinc: 0.81mg (5.43%), Copper: 0.09mg (4.44%), Iron: 0.76mg (4.21%), Calcium: 40.15mg (4.02%), Potassium: 125.41mg (3.58%), Magnesium: 13.26mg (3.31%), Vitamin B6: 0.06mg (3.24%), Vitamin B1: 0.04mg (2.49%), Manganese: 0.03mg (1.53%)