



Shrimp and Bacon Deviled Eggs



Gluten Free



Low Fod Map

READY IN



45 min.

SERVINGS



8

CALORIES



138 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 0.1 teaspoon pepper black freshly ground
- ☐ 2 teaspoons dijon mustard
- ☐ 0.3 cup mayonnaise fat-free
- ☐ 1 tablespoon chives fresh chopped
- ☐ 2 tablespoons parsley fresh chopped
- ☐ 0.1 teaspoon ground pepper red
- ☐ 8 large hard-cooked eggs shelled
- ☐ 0.3 cup potato flakes instant

- ☐ 0.3 teaspoon salt
- ☐ 4 ounces shrimp cooked peeled chopped
- ☐ 3 center-cut bacon crumbled cooked

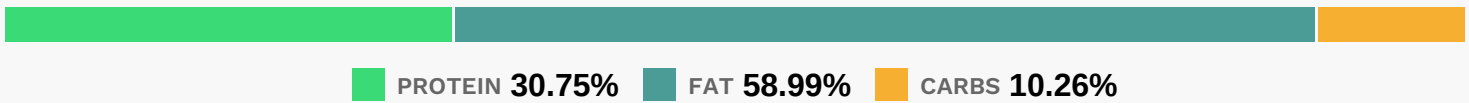
Equipment

- ☐ bowl

Directions

- ☐ Cut eggs in half lengthwise; remove yolks.
- ☐ Place 4 yolks in a medium bowl; reserve remaining yolks for another use.
- ☐ Add potato flakes and next 6 ingredients (through red pepper) to yolks; stir well. Stir in shrimp and parsley. Spoon about 1 rounded tablespoon shrimp mixture into each egg white half.
- ☐ Sprinkle with bacon.

Nutrition Facts



Properties

Glycemic Index:21.63, Glycemic Load:0.02, Inflammation Score:-2, Nutrition Score:7.0143477605737%

Flavonoids

Apigenin: 2.15mg, Apigenin: 2.15mg, Apigenin: 2.15mg, Apigenin: 2.15mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 0.03mg, Isorhamnetin: 0.03mg, Isorhamnetin: 0.03mg, Isorhamnetin: 0.03mg Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg Myricetin: 0.15mg, Myricetin: 0.15mg, Myricetin: 0.15mg, Myricetin: 0.15mg Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg

Nutrients (% of daily need)

Calories: 138.07kcal (6.9%), Fat: 8.91g (13.71%), Saturated Fat: 2.8g (17.49%), Carbohydrates: 3.49g (1.16%), Net Carbohydrates: 3.12g (1.13%), Sugar: 1.4g (1.56%), Cholesterol: 215.42mg (71.81%), Sodium: 279.32mg (12.14%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 10.45g (20.91%), Selenium: 17.76µg (25.38%), Vitamin K: 19.39µg (18.47%), Vitamin B2: 0.27mg (15.81%), Phosphorus: 133.79mg (13.38%), Vitamin B12: 0.6µg (9.94%), Vitamin B5: 0.79mg (7.93%), Vitamin A: 377.88IU (7.56%), Vitamin D: 1.13µg (7.55%), Folate: 24.9µg (6.23%), Zinc: 0.85mg (5.67%), Vitamin B1: 0.08mg (5.2%), Vitamin B6: 0.1mg (4.98%), Iron: 0.83mg (4.6%), Potassium: 150.47mg (4.3%),

Vitamin E: 0.58mg (3.84%), Calcium: 38.17mg (3.82%), Vitamin C: 3.1mg (3.75%), Copper: 0.07mg (3.67%),
Magnesium: 13.69mg (3.42%), Vitamin B3: 0.51mg (2.53%), Manganese: 0.04mg (1.81%), Fiber: 0.37g (1.49%)