



Shrimp and Bacon Deviled Eggs



Gluten Free



Low Fod Map

READY IN



60 min.

SERVINGS



16

CALORIES



65 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 3 slices bacon
- ☐ 0.1 teaspoon pepper black freshly ground
- ☐ 2 teaspoons dijon mustard
- ☐ 8 eggs
- ☐ 0.3 cup mayonnaise fat-free
- ☐ 1 tablespoon chives fresh chopped
- ☐ 2 tablespoons cilantro leaves fresh chopped
- ☐ 2 tablespoons parsley fresh chopped

- ☐ 0.1 teaspoon ground pepper
- ☐ 0.3 cup potato flakes instant
- ☐ 0.5 teaspoon seafood seasoning old bay® (such as)
- ☐ 6 ounces shrimp deveined cooked peeled chopped

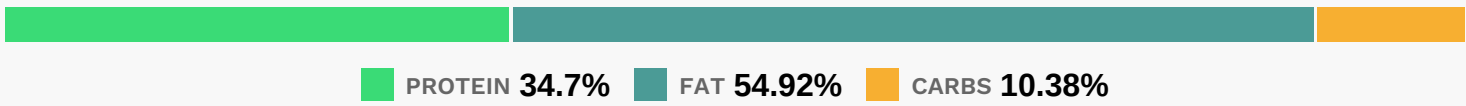
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ paper towels
- ☐ sauce pan

Directions

- ☐ Place eggs in a saucepan and cover with water. Bring to a boil, remove from heat, and let eggs stand in hot water for 15 minutes.
- ☐ Remove eggs from hot water, cool under cold running water, and peel.
- ☐ Place bacon in a large skillet; cook over medium-high heat, turning occasionally, until evenly browned, about 10 minutes.
- ☐ Drain bacon on paper towels; crumble bacon when cool enough to handle.
- ☐ Cut each egg in half lengthwise; place half the egg yolks in a bowl, reserving remaining yolks for another use. Mash yolks with a fork; stir in potato flakes, mayonnaise, chives, Dijon mustard, seafood seasoning, black pepper, and red pepper until smooth. Stir shrimp, parsley, and cilantro into yolk mixture.
- ☐ Arrange egg whites cut-side-up on a serving platter. Spoon about 1 rounded tablespoon yolk mixture into each egg white half; sprinkle with crumbled bacon.

Nutrition Facts



Properties

Glycemic Index:12.81, Glycemic Load:0.01, Inflammation Score:-1, Nutrition Score:3.4869565341784%

Flavonoids

Apigenin: 1.08mg, Apigenin: 1.08mg, Apigenin: 1.08mg, Apigenin: 1.08mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 0.01mg, Isorhamnetin: 0.01mg, Isorhamnetin: 0.01mg, Isorhamnetin: 0.01mg Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg Quercetin: 0.04mg, Quercetin: 0.04mg, Quercetin: 0.04mg, Quercetin: 0.04mg

Nutrients (% of daily need)

Calories: 64.96kcal (3.25%), Fat: 3.92g (6.03%), Saturated Fat: 1.28g (7.98%), Carbohydrates: 1.67g (0.56%), Net Carbohydrates: 1.47g (0.53%), Sugar: 0.51g (0.56%), Cholesterol: 102mg (34%), Sodium: 107.82mg (4.69%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 5.57g (11.15%), Selenium: 7.94µg (11.34%), Vitamin K: 10.34µg (9.85%), Phosphorus: 75.17mg (7.52%), Vitamin B2: 0.11mg (6.29%), Vitamin B5: 0.38mg (3.85%), Vitamin A: 182.76IU (3.66%), Vitamin B12: 0.22µg (3.61%), Zinc: 0.5mg (3.31%), Copper: 0.06mg (3.19%), Vitamin D: 0.46µg (3.04%), Iron: 0.54mg (3.01%), Folate: 11.91µg (2.98%), Vitamin B6: 0.06mg (2.89%), Potassium: 84.13mg (2.4%), Calcium: 21.8mg (2.18%), Vitamin B1: 0.03mg (2.1%), Magnesium: 8.38mg (2.09%), Vitamin C: 1.57mg (1.9%), Vitamin E: 0.26mg (1.76%), Vitamin B3: 0.26mg (1.28%), Manganese: 0.02mg (1.17%)