



Shrimp and Deviled-Egg Salad Rolls

 Dairy Free

READY IN



50 min.

SERVINGS



8

CALORIES



247 kcal

Ingredients

- 4 boston lettuce leaves halved
- 2 teaspoons dijon mustard
- 6 large eggs
- 4 top-loading hot-dog buns halved
- 1 tablespoon hot sauce
- 8 servings kosher salt
- 0.3 cup mayonnaise
- 8 servings pepper freshly ground
- 2 scallions finely sliced

- 1 pound shell-on shrimp deveined
- 2 ounces bacon diced thick-cut finely
- 2 vine-ripened tomatoes cut into 8 slices

Equipment

- bowl
- frying pan
- paper towels
- ladle
- whisk
- pot
- sieve
- spatula
- slotted spoon
- colander

Directions

- Fill a large pot with 2 quarts water, add 2 teaspoons salt and bring to a boil over high heat.
- Remove from the heat; add the shrimp, and let sit (off the heat) until the shrimp is pink-orange and slightly firm, 1 to 2 minutes.
- Transfer to a colander with a slotted spoon and rinse under cold water until cool enough to handle.
- Return the water to a boil, then reduce to a simmer over low heat. Gently lower the eggs into the water with a large ladle, two at a time, and let simmer exactly 14 minutes.
- Meanwhile, peel and chop the shrimp and put them in a large bowl.
- Saute the bacon in a skillet over medium-high heat until firm and just turning golden brown, 4 to 5 minutes.
- Drain on paper towels.
- When the eggs are done, transfer to a colander and rinse under cold water until cool enough to handle, about 2 minutes. Peel the eggs and halve lengthwise. Separate the whites from the

yolks; coarsely chop the whites and add them to the bowl with the shrimp. Press the yolks through a mesh strainer into a separate bowl.

- Add the mayonnaise, hot sauce, mustard and 1/2 teaspoon salt to the yolks and whisk until the mixture is the consistency of cake batter, about 1 minute.
- Using a rubber spatula, fold the yolk mixture into the shrimp mixture until the shrimp is evenly coated with the deviled-egg dressing. Season with salt and pepper and toss again. (The shrimp and deviled-egg salad will keep in the refrigerator, covered, for 2 days.)
- To serve, load 1 piece of lettuce and 1 tomato slice into each of the bun halves; spread about 1/2 cup of the shrimp and deviled-egg salad in each.
- Garnish with the bacon and scallions.
- Photograph by Mark Peterson

Nutrition Facts



Properties

Glycemic Index:30.75, Glycemic Load:6.76, Inflammation Score:-5, Nutrition Score:11.337391314299%

Flavonoids

Naringenin: 0.21mg, Naringenin: 0.21mg, Naringenin: 0.21mg, Naringenin: 0.21mg Kaempferol: 0.07mg, Kaempferol: 0.07mg, Kaempferol: 0.07mg, Kaempferol: 0.07mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 0.7mg, Quercetin: 0.7mg, Quercetin: 0.7mg, Quercetin: 0.7mg

Nutrients (% of daily need)

Calories: 246.92kcal (12.35%), Fat: 12.87g (19.8%), Saturated Fat: 3.19g (19.93%), Carbohydrates: 12.79g (4.26%), Net Carbohydrates: 11.79g (4.29%), Sugar: 2.71g (3.02%), Cholesterol: 238.4mg (79.47%), Sodium: 569.97mg (24.78%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 19.66g (39.32%), Vitamin K: 29.08µg (27.69%), Selenium: 19.37µg (27.67%), Phosphorus: 241.38mg (24.14%), Vitamin B2: 0.26mg (15.11%), Copper: 0.3mg (15.04%), Vitamin A: 748.41IU (14.97%), Folate: 50.16µg (12.54%), Vitamin B1: 0.17mg (11.4%), Manganese: 0.22mg (11.03%), Iron: 1.98mg (11.02%), Zinc: 1.58mg (10.55%), Potassium: 347.39mg (9.93%), Calcium: 98.14mg (9.81%), Magnesium: 35.97mg (8.99%), Vitamin C: 6.55mg (7.94%), Vitamin B3: 1.44mg (7.19%), Vitamin B12: 0.42µg (7%), Vitamin B5: 0.67mg (6.74%), Vitamin B6: 0.13mg (6.64%), Vitamin E: 0.91mg (6.1%), Vitamin D: 0.79µg (5.28%), Fiber: 1g (3.98%)