



Shrimp and Dill Deviled Eggs



Gluten Free



Dairy Free

READY IN



50 min.

SERVINGS



12

CALORIES



73 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 6 eggs
- ☐ 12 servings dill weed fresh
- ☐ 2 tablespoons green onions chopped
- ☐ 1 pinch ground pepper black
- ☐ 1 tablespoon juice of lime
- ☐ 0.3 cup mayonnaise
- ☐ 2 teaspoons mustard dijon-style prepared
- ☐ 0.3 teaspoon pepper sauce hot

☐ 4.5 ounce shrimp rinsed drained canned

Equipment

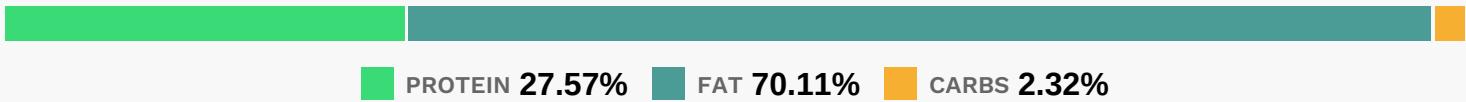
☐ bowl

☐ sauce pan

Directions

- ☐ Place eggs in a medium saucepan and cover with cold water. Bring water to a boil and immediately remove from heat. Cover and let eggs stand in hot water for 10 to 12 minutes.
- ☐ Remove from hot water, cool and peel.
- ☐ Slice eggs in half lengthwise.
- ☐ Remove yolks. Set aside whites.
- ☐ In a medium bowl, mash egg yolks with a fork.
- ☐ Mix together with mayonnaise, shrimp, green onions, fresh dill weed, lime juice, prepared Dijon-style mustard, hot pepper sauce and ground black pepper.
- ☐ Spoon approximately 1 tablespoon egg yolk mixture into each egg white.
- ☐ Garnish with fresh dill weed. Chill in the refrigerator until serving.

Nutrition Facts



Properties

Glycemic Index:13.42, Glycemic Load:0.03, Inflammation Score:-1, Nutrition Score:3.0508695944496%

Flavonoids

Eriodictyol: 0.03mg, Eriodictyol: 0.03mg, Eriodictyol: 0.03mg, Eriodictyol: 0.03mg Hesperetin: 0.11mg, Hesperetin: 0.11mg, Hesperetin: 0.11mg, Hesperetin: 0.11mg Isorhamnetin: 0.04mg, Isorhamnetin: 0.04mg, Isorhamnetin: 0.04mg, Isorhamnetin: 0.04mg Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg Quercetin: 0.17mg, Quercetin: 0.17mg, Quercetin: 0.17mg, Quercetin: 0.17mg

Nutrients (% of daily need)

Calories: 73.44kcal (3.67%), Fat: 5.67g (8.72%), Saturated Fat: 1.25g (7.8%), Carbohydrates: 0.42g (0.14%), Net Carbohydrates: 0.35g (0.13%), Sugar: 0.17g (0.18%), Cholesterol: 100.92mg (33.64%), Sodium: 85.14mg (3.7%),

Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 5.02g (10.03%), Selenium: 7.15µg (10.22%), Vitamin K: 9.78µg (9.31%), Phosphorus: 68.82mg (6.88%), Vitamin B2: 0.1mg (6.08%), Vitamin B5: 0.35mg (3.51%), Vitamin B12: 0.2µg (3.36%), Copper: 0.06mg (3.02%), Vitamin D: 0.45µg (3%), Zinc: 0.44mg (2.96%), Folate: 11.55µg (2.89%), Vitamin A: 140.92IU (2.82%), Iron: 0.49mg (2.71%), Vitamin E: 0.4mg (2.64%), Calcium: 21.17mg (2.12%), Vitamin B6: 0.04mg (1.99%), Potassium: 65.8mg (1.88%), Magnesium: 7.18mg (1.8%)