



Shrimp Cocktail Deviled Eggs

 Gluten Free  Dairy Free  Low Fod Map

READY IN



85 min.

SERVINGS



24

CALORIES



48 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 12 eggs
- 0.3 cup salad dressing
- 3 tablespoons chives fresh finely chopped
- 1 tablespoon fruit cocktail
- 0.5 teaspoon salt
- 0.1 teaspoon pepper
- 24 small shrimp deveined cooked peeled (61 to 70 shrimp) (tail shells removed, if desired)

Equipment

- bowl
- dutch oven

Directions

- In Dutch oven, place eggs in single layer; carefully add enough cold water to cover eggs by about 1 inch. Cover; heat to boiling.
- Remove from heat; let stand 15 minutes.
- Drain. Immediately place eggs in cold water with ice cubes or run cold water over eggs until completely cooled. To remove shell, crackle it by tapping gently all over; roll between hands to loosen. Peel, starting at large end.
- Cut eggs in half lengthwise. Carefully remove egg yolks to medium bowl; place egg white halves on serving platter. Mash yolks with fork; stir in mayonnaise, 1 tablespoon of the chives, the cocktail sauce, salt and pepper until well blended.
- Using decorating bag fitted with open star tip, carefully pipe yolk mixture into each egg white half. Cover; refrigerate at least 30 minutes to blend flavors.
- Before serving, garnish eggs with shrimp; sprinkle with remaining 2 tablespoons chives.

Nutrition Facts

PROTEIN 40.57% **FAT 53.8%** **CARBS 5.63%**

Properties

Glycemic Index:5.5, Glycemic Load:0.05, Inflammation Score:-1, Nutrition Score:2.5804347671244%

Flavonoids

Isorhamnetin: 0.03mg, Isorhamnetin: 0.03mg, Isorhamnetin: 0.03mg, Isorhamnetin: 0.03mg Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg

Nutrients (% of daily need)

Calories: 48.28kcal (2.41%), Fat: 2.84g (4.36%), Saturated Fat: 0.8g (4.97%), Carbohydrates: 0.67g (0.22%), Net Carbohydrates: 0.65g (0.24%), Sugar: 0.53g (0.59%), Cholesterol: 97.94mg (32.65%), Sodium: 124.05mg (5.39%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 4.81g (9.62%), Selenium: 6.83µg (9.75%), Phosphorus: 65.75mg (6.58%), Vitamin B2: 0.1mg (5.95%), Vitamin B5: 0.34mg (3.39%), Vitamin B12: 0.2µg (3.26%), Vitamin D: 0.44µg (2.93%), Copper: 0.06mg (2.84%), Zinc: 0.42mg (2.82%), Vitamin A: 137.64IU (2.75%), Folate: 10.75µg (2.69%), Vitamin K: 2.73µg (2.6%), Iron: 0.45mg (2.53%), Vitamin E: 0.31mg (2.04%), Vitamin B6: 0.04mg (2.02%), Calcium:

19.6mg (1.96%), Potassium: 61.31mg (1.75%), Magnesium: 6.51mg (1.63%)