



Shrimp Cocktail Deviled Eggs



Gluten Free



Dairy Free



Low Fod Map

READY IN



85 min.

SERVINGS



24

CALORIES



49 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

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

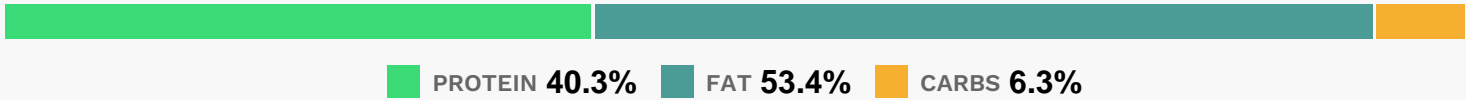
Equipment

- ☐ 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



Properties

Glycemic Index:3.21, Glycemic Load:0, Inflammation Score:-1, Nutrition Score:2.5695652292798%

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: 48.69kcal (2.43%), Fat: 2.84g (4.36%), Saturated Fat: 0.8g (4.97%), Carbohydrates: 0.75g (0.25%), Net Carbohydrates: 0.74g (0.27%), Sugar: 0.59g (0.65%), Cholesterol: 97.94mg (32.65%), Sodium: 131.51mg (5.72%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 4.81g (9.63%), Selenium: 6.82µg (9.75%), Phosphorus: 65.68mg (6.57%), Vitamin B2: 0.1mg (5.94%), Vitamin B5: 0.34mg (3.39%), Vitamin B12: 0.2µg (3.26%), Vitamin D: 0.44µg (2.93%), Zinc: 0.42mg (2.82%), Copper: 0.06mg (2.82%), Vitamin A: 136.36IU (2.73%), Folate: 10.74µg (2.68%), Vitamin K: 2.71µg (2.58%), Iron: 0.45mg (2.52%), Vitamin E: 0.3mg (2.02%), Vitamin B6: 0.04mg (2%), Calcium:

19.57mg (1.96%), Potassium: 60.76mg (1.74%), Magnesium: 6.48mg (1.62%)