



Shrimp Deviled Eggs

 Gluten Free

READY IN



45 min.

SERVINGS



12

CALORIES



58 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 6 eggs
- 2 tablespoons spring onion thinly sliced
- 0.3 cup salad dressing reduced-fat
- 1 tablespoon vinegar white
- 0.3 teaspoon salt
- 0.3 teaspoon hot sauce red
- 0.5 cup shrimp frozen thawed cooked coarsely chopped
- 1 tablespoon seafood

Equipment

- bowl
- sauce pan

Directions

- Place eggs in single layer in 2-quart saucepan; add enough cold water so it is at least 1 inch above eggs.
- Heat to boiling; remove from heat. Cover and let stand 18 minutes.
- Drain; rinse with cold water.
- Let stand in ice water 10 minutes.
- Peel eggs; cut lengthwise in half. Slip out yolks; place in medium bowl. Mash yolks with fork until smooth. Reserve 1 teaspoon green part of onions for garnish. Stir mayonnaise, vinegar, salt, pepper sauce and remaining green onions into mashed yolks. Fold in shrimp.
- Fill egg whites with yolk mixture, heaping it lightly. Just before serving, top with cocktail sauce and reserved green onions.

Nutrition Facts

 **PROTEIN 35.05%** **FAT 60.12%** **CARBS 4.83%**

Properties

Glycemic Index:6.83, Glycemic Load:0.02, Inflammation Score:-1, Nutrition Score:2.8565217489782%

Flavonoids

Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Quercetin: 0.11mg, Quercetin: 0.11mg, Quercetin: 0.11mg, Quercetin: 0.11mg

Nutrients (% of daily need)

Calories: 58.11kcal (2.91%), Fat: 3.8g (5.85%), Saturated Fat: 0.95g (5.95%), Carbohydrates: 0.69g (0.23%), Net Carbohydrates: 0.65g (0.24%), Sugar: 0.32g (0.35%), Cholesterol: 99.46mg (33.15%), Sodium: 136.55mg (5.94%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 4.99g (9.98%), Selenium: 6.77µg (9.67%), Vitamin K: 9.89µg (9.42%), Phosphorus: 67.99mg (6.8%), Vitamin B2: 0.1mg (5.97%), Vitamin B5: 0.34mg (3.38%), Vitamin B12: 0.2µg (3.26%), Vitamin D: 0.44µg (2.93%), Zinc: 0.42mg (2.8%), Copper: 0.06mg (2.77%), Vitamin A: 138.15IU (2.76%), Folate: 10.98µg (2.75%), Iron: 0.46mg (2.57%), Calcium: 19.77mg (1.98%), Vitamin B6: 0.04mg (1.91%), Potassium:

61.9mg (1.77%), Magnesium: 6.31mg (1.58%), Vitamin E: 0.24mg (1.58%)