



Shrimp Deviled Eggs

 Gluten Free

READY IN



65 min.

SERVINGS



24

CALORIES



78 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 2 teaspoons butter
- ☐ 12 eggs
- ☐ 1 pinch garlic powder
- ☐ 1 green onion chopped
- ☐ 0.5 cup mayonnaise to taste
- ☐ 1 teaspoon mustard
- ☐ 1 cup salad shrimp
- ☐ 0.3 cup relish sweet drained

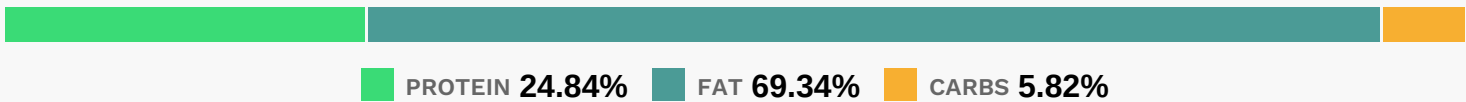
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ sauce pan
- ☐ ziploc bags
- ☐ kitchen scissors
- ☐ cutting board

Directions

- ☐ Place the eggs into a saucepan in a single layer and fill with water to cover the eggs by 1 inch. Cover the saucepan and bring the water to a boil over high heat.
- ☐ Remove from the heat and let the eggs stand in the hot water for 15 minutes.
- ☐ Drain. Cool the eggs under cold running water. Peel once cold. Halve the eggs lengthwise and scoop the yolks into a bowl. Gently mash the yolks with a fork.
- ☐ Melt butter in a skillet over medium heat; cook and stir the shrimp, green onion, and garlic powder in the melted butter until, about 4 minutes.
- ☐ Transfer the shrimp to a cutting board and mince. Stir 3/4 cup of the minced shrimp and any remaining liquid from the skillet into the egg yolks; reserve remaining shrimp for garnish.
- ☐ Add the mayonnaise, mustard, pickle relish, and hot sauce; mix well. Scoop the mixture into a resealable plastic bag, seal the bag, and snip a corner off the bag with scissors to make a piping bag.
- ☐ Gently squeeze about 1 1/2 tablespoon of filling into each egg white half.
- ☐ Garnish each deviled egg with a few pieces of the reserved chopped shrimp and a pinch of the chopped parsley; chill for at least 30 minutes in refrigerator before serving.

Nutrition Facts



Properties

Glycemic Index:7.04, Glycemic Load:0.02, Inflammation Score:-1, Nutrition Score:3.0030434539785%

Flavonoids

Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Quercetin: 0.05mg, Quercetin: 0.05mg, Quercetin: 0.05mg, Quercetin: 0.05mg

Nutrients (% of daily need)

Calories: 78.18kcal (3.91%), Fat: 5.99g (9.22%), Saturated Fat: 1.46g (9.13%), Carbohydrates: 1.13g (0.38%), Net Carbohydrates: 1.08g (0.39%), Sugar: 0.87g (0.96%), Cholesterol: 100.57mg (33.52%), Sodium: 98.35mg (4.28%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 4.83g (9.66%), Vitamin K: 10.88µg (10.36%), Selenium: 6.94µg (9.91%), Phosphorus: 66.52mg (6.65%), Vitamin B2: 0.1mg (6.06%), Vitamin B5: 0.35mg (3.47%), Vitamin A: 168.46IU (3.37%), Vitamin B12: 0.2µg (3.37%), Vitamin D: 0.45µg (3%), Copper: 0.06mg (2.9%), Zinc: 0.43mg (2.87%), Vitamin E: 0.41mg (2.75%), Folate: 10.95µg (2.74%), Iron: 0.48mg (2.66%), Calcium: 19.67mg (1.97%), Vitamin B6: 0.04mg (1.93%), Potassium: 59.8mg (1.71%), Magnesium: 6.48mg (1.62%)