



Shrimp Rémolade Deviled Eggs



Gluten Free



Dairy Free



Very Healthy

READY IN



60 min.

SERVINGS



1

CALORIES



2235 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 1.5 tablespoons dijon mustard
- ☐ 12 large eggs
- ☐ 1 tablespoon parsley fresh minced
- ☐ 2 garlic clove pressed
- ☐ 3 tablespoons spring onion minced
- ☐ 0.3 teaspoon ground pepper red
- ☐ 2 teaspoons lemon zest
- ☐ 0.8 cup mayonnaise

- ☐ 0.3 teaspoon salt
- ☐ 1 cup shrimp deveined cooked peeled finely chopped ()

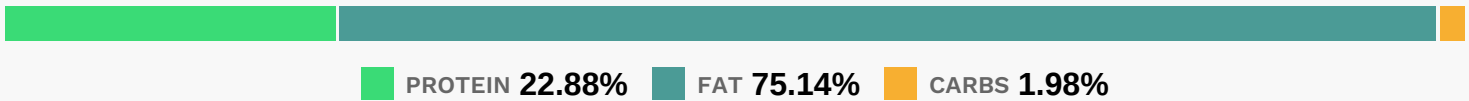
Equipment

- ☐ bowl
- ☐ whisk
- ☐ dutch oven

Directions

- ☐ Whisk together first 8 ingredients in a small bowl; cover and chill.
- ☐ Place eggs in a single layer in a stainless-steel Dutch oven. (Do not use nonstick.)
- ☐ Add water to depth of 3 inches. Bring to a rolling boil; cover, remove from heat; let stand 15 minutes.
- ☐ Drain immediately, and return eggs to Dutch oven. Fill Dutch oven with cold water and ice. Tap each egg firmly on the counter until cracks form all over the shell. Peel under cold water.
- ☐ Slice eggs in half lengthwise, and carefully remove yolks, keeping egg white halves intact. Mash yolks with mayonnaise mixture until smooth using a fork; stir in shrimp. Spoon yolk mixture into egg whites.
- ☐ Serve immediately, or cover and chill up to 24 hours.

Nutrition Facts



Properties

Glycemic Index:208, Glycemic Load:1.47, Inflammation Score:-9, Nutrition Score:61.609999324964%

Flavonoids

Apigenin: 8.62mg, Apigenin: 8.62mg, Apigenin: 8.62mg, Apigenin: 8.62mg Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg Kaempferol: 0.32mg, Kaempferol: 0.32mg, Kaempferol: 0.32mg, Kaempferol: 0.32mg Myricetin: 0.69mg, Myricetin: 0.69mg, Myricetin: 0.69mg, Myricetin: 0.69mg Quercetin: 2.04mg, Quercetin: 2.04mg, Quercetin: 2.04mg, Quercetin: 2.04mg

Nutrients (% of daily need)

Calories: 2234.83kcal (111.74%), Fat: 184.89g (284.44%), Saturated Fat: 38.77g (242.29%), Carbohydrates: 10.95g (3.65%), Net Carbohydrates: 8.7g (3.16%), Sugar: 4.23g (4.7%), Cholesterol: 2683.47mg (894.49%), Sodium: 3035.74mg (131.99%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 126.67g (253.35%), Vitamin K: 379.34µg (361.28%), Selenium: 196.75µg (281.07%), Phosphorus: 1773.98mg (177.4%), Vitamin B2: 2.82mg (165.97%), Vitamin B5: 9.63mg (96.32%), Vitamin B12: 5.54µg (92.36%), Vitamin D: 12.34µg (82.24%), Vitamin A: 4092.19IU (81.84%), Vitamin E: 12.18mg (81.21%), Folate: 310.8µg (77.7%), Zinc: 11.51mg (76.75%), Iron: 13.13mg (72.96%), Copper: 1.45mg (72.52%), Vitamin B6: 1.16mg (57.85%), Calcium: 550.83mg (55.08%), Potassium: 1632.43mg (46.64%), Magnesium: 175.76mg (43.94%), Manganese: 0.5mg (24.93%), Vitamin B1: 0.33mg (21.91%), Vitamin C: 16.21mg (19.65%), Fiber: 2.25g (9.01%), Vitamin B3: 0.82mg (4.12%)