



Shrimp-Stuffed Eggs

 Gluten Free  Dairy Free

READY IN



45 min.

SERVINGS



24

CALORIES



74 kcal

SIDE DISH

Ingredients

- 1 tablespoon dijon mustard
- 24 servings garnish: dill sprigs fresh
- 6 green onion minced
- 12 hard-cooked eggs peeled
- 2 tablespoons horseradish prepared
- 0.8 cup mayonnaise light
- 0.3 teaspoon pepper
- 0.5 cup potato flakes instant

- 0.3 teaspoon salt
- 0.8 pound shrimp cooked peeled chopped

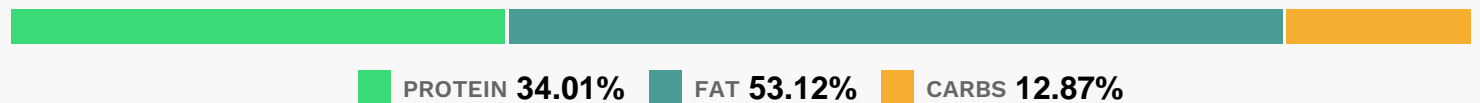
Equipment

- food processor

Directions

- Cut eggs in half lengthwise.
- Remove yolks. Process yolks, mayonnaise, and next 4 ingredients in a food processor until smooth, stopping to scrape down sides. Stir cooked and chopped shrimp, horseradish, and minced green onions into egg mixture.
- Spoon filling into egg whites. Cover and chill up to 8 hours.
- Garnish, if desired.

Nutrition Facts



Properties

Glycemic Index:6.08, Glycemic Load:0.09, Inflammation Score:-1, Nutrition Score:3.7413043431614%

Flavonoids

Isorhamnetin: 0.04mg, Isorhamnetin: 0.04mg, Isorhamnetin: 0.04mg, Isorhamnetin: 0.04mg Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg Quercetin: 0.38mg, Quercetin: 0.38mg, Quercetin: 0.38mg, Quercetin: 0.38mg

Nutrients (% of daily need)

Calories: 73.92kcal (3.7%), Fat: 4.32g (6.65%), Saturated Fat: 1.08g (6.74%), Carbohydrates: 2.36g (0.79%), Net Carbohydrates: 2.12g (0.77%), Sugar: 0.75g (0.83%), Cholesterol: 117.19mg (39.06%), Sodium: 143.95mg (6.26%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 6.23g (12.45%), Selenium: 8.32µg (11.88%), Vitamin K: 10.21µg (9.73%), Phosphorus: 78.61mg (7.86%), Vitamin B2: 0.13mg (7.83%), Vitamin B12: 0.28µg (4.63%), Vitamin B5: 0.39mg (3.86%), Vitamin D: 0.55µg (3.67%), Folate: 14.68µg (3.67%), Vitamin A: 173.25IU (3.46%), Copper: 0.07mg (3.31%), Zinc: 0.49mg (3.29%), Vitamin E: 0.43mg (2.87%), Potassium: 98.13mg (2.8%), Calcium: 25.9mg (2.59%), Iron: 0.46mg (2.58%), Magnesium: 9.75mg (2.44%), Vitamin C: 1.98mg (2.39%), Vitamin B1: 0.03mg (2.16%), Vitamin B6: 0.04mg (2.16%), Manganese: 0.03mg (1.33%)