



Buffalo Chicken Deviled Eggs



Gluten Free



Popular

READY IN



15 min.

SERVINGS



6

CALORIES



95 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

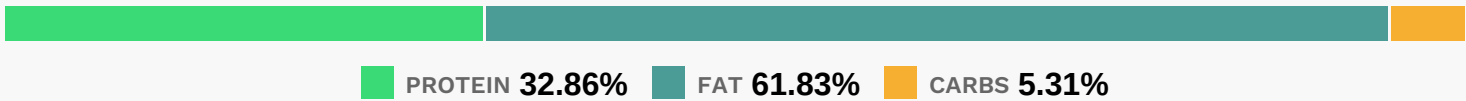
- ☐ 2 tablespoons cheese blue crumbled finely
- ☐ 2 tablespoons buffalo wing hot sauce
- ☐ 2 tablespoons carrots diced finely
- ☐ 2 tablespoons celery diced finely
- ☐ 6 eggs cooled boiled peeled cut in half
- ☐ 1 tablespoon greek yogurt
- ☐ 1 tablespoon onion diced finely
- ☐ 0.3 cup meat from a rotisserie chicken diced shredded finely

Equipment

Directions

- ☐
- Scoop the yolks out of the egg halves, mash them and mix with the mayonnaise, hot sauce, chicken, carrot, celery, onion and blue cheese.
- ☐
- Place a tablespoon of the mixture back into the holes left by the yolks in the eggs and serve garnished with extra blue cheese, hot sauce and parsley.

Nutrition Facts



Properties

Glycemic Index:22.14, Glycemic Load:0.22, Inflammation Score:-6, Nutrition Score:6.049130504546%

Flavonoids

Apigenin: 0.08mg, Apigenin: 0.08mg, Apigenin: 0.08mg, Apigenin: 0.08mg Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg Isorhamnetin: 0.08mg, Isorhamnetin: 0.08mg, Isorhamnetin: 0.08mg, Isorhamnetin: 0.08mg Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg Quercetin: 0.36mg, Quercetin: 0.36mg, Quercetin: 0.36mg, Quercetin: 0.36mg

Nutrients (% of daily need)

Calories: 94.74kcal (4.74%), Fat: 6.37g (9.8%), Saturated Fat: 2.1g (13.1%), Carbohydrates: 1.23g (0.41%), Net Carbohydrates: 1.02g (0.37%), Sugar: 0.64g (0.71%), Cholesterol: 170.46mg (56.82%), Sodium: 275.16mg (11.96%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 7.62g (15.24%), Vitamin A: 1106.05IU (22.12%), Selenium: 15.39µg (21.99%), Vitamin B2: 0.23mg (13.27%), Phosphorus: 114.87mg (11.49%), Vitamin B5: 0.81mg (8.14%), Vitamin B12: 0.44µg (7.35%), Folate: 24.14µg (6.03%), Vitamin D: 0.89µg (5.96%), Vitamin B6: 0.11mg (5.71%), Zinc: 0.74mg (4.94%), Iron: 0.88mg (4.88%), Vitamin K: 4.99µg (4.75%), Calcium: 41.46mg (4.15%), Vitamin E: 0.56mg (3.76%), Potassium: 107.02mg (3.06%), Vitamin B3: 0.58mg (2.89%), Magnesium: 8.23mg (2.06%), Copper: 0.04mg (2.01%), Vitamin B1: 0.03mg (1.79%), Manganese: 0.03mg (1.33%)