



Red-Hot Buffalo Deviled Eggs



Vegetarian



Gluten Free

READY IN



45 min.

SERVINGS



24

CALORIES



56 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 2 tablespoons cheese blue crumbled
- ☐ 0.3 cup celery
- ☐ 24 celery leaves
- ☐ 0.3 teaspoon celery salt (or substitute table salt)
- ☐ 2 tablespoons sauce of the chicken from the turbo broiler
- ☐ 1 tablespoon parsley fresh chopped
- ☐ 12 hardboiled eggs
- ☐ 3 tablespoons mayonnaise

☐ 3 tablespoons cream sour

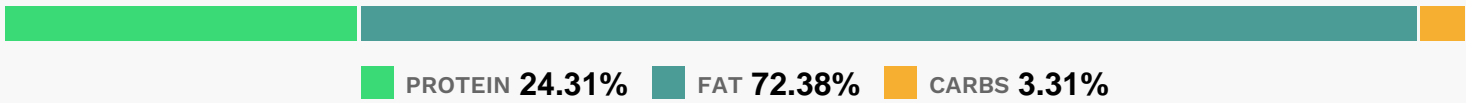
Equipment

- ☐ bowl
- ☐ mixing bowl
- ☐ hand mixer
- ☐ pastry bag

Directions

- ☐ Halve the eggs lengthwise and transfer the yolks to a mixing bowl. Set the egg white halves on a platter, cover, and refrigerate.
- ☐ With a fork, mash the yolks to a smooth consistency.
- ☐ Add the mayonnaise, sour cream, Frank's sauce, blue cheese, parsley, and celery salt, and mix until smooth. (You can also do this using an electric mixer with a whip attachment.) Taste and season accordingly.
- ☐ Spoon the mixture into a pastry bag fitted with a plain or large star tip, then pipe the mixture evenly into the egg white halves. Or fill the eggs with a spoon, dividing the filling evenly.
- ☐ To make the topping, in a small bowl, mix Frank's sauce with the celery until well coated. Top each egg half with about 1 teaspoon of the mixture and a celery leaf.
- ☐ From D'Lish Deviled Eggs by Kathy Casey, (C) © 2013 Andrews McMeel Publishing, LLC

Nutrition Facts



Properties

Glycemic Index:7.21, Glycemic Load:0.02, Inflammation Score:-1, Nutrition Score:2.7373913222033%

Flavonoids

Apigenin: 0.43mg, Apigenin: 0.43mg, Apigenin: 0.43mg, Apigenin: 0.43mg Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

Nutrients (% of daily need)

Calories: 56.08kcal (2.8%), Fat: 4.43g (6.81%), Saturated Fat: 1.28g (8.02%), Carbohydrates: 0.46g (0.15%), Net Carbohydrates: 0.41g (0.15%), Sugar: 0.38g (0.42%), Cholesterol: 95.31mg (31.77%), Sodium: 113.85mg (4.95%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 3.34g (6.69%), Selenium: 7.89µg (11.27%), Vitamin B2: 0.13mg (7.93%), Vitamin K: 6.4µg (6.1%), Vitamin B12: 0.29µg (4.83%), Phosphorus: 47.44mg (4.74%), Vitamin B5: 0.37mg (3.74%), Vitamin D: 0.56µg (3.71%), Vitamin A: 169.76IU (3.4%), Folate: 12.51µg (3.13%), Vitamin E: 0.33mg (2.2%), Zinc: 0.29mg (1.94%), Calcium: 18.44mg (1.84%), Iron: 0.32mg (1.77%), Vitamin B6: 0.03mg (1.7%), Potassium: 42.39mg (1.21%), Vitamin B1: 0.02mg (1.19%)