

Buffalo Deviled Eggs

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Servings: 24

12 large eggs

1/4 cup mayonnaise

1/4 cup parsley, finely chopped

2 tablespoons Buffalo hot sauce

crumbled blue cheese (for garnish)

chopped celery leaves (for garnish)

In a wide pot, place the eggs and cover with cold water by one inch. Bring to a boil. Reduce the heat to medium low and simmer for 10 minutes.

Drain the eggs and run under cold water to cool slightly. Peel and halve each egg lengthwise.

Scoop out the yolks and place in a large bowl. Mash the yolks.

Add the mayonnaise, parsley and hot sauce. Mix well.

Spoon into the egg whites. Garnish with blue cheese and celery leaves.

Per Serving (excluding unknown items): 54 Calories; 4g Fat (74.5% calories from fat); 3g Protein; trace Carbohydrate; trace Dietary Fiber; 107mg Cholesterol; 48mg Sodium. Exchanges: 1/2 Lean Meat; 0 Vegetable; 1/2 Fat.

Appetizers

Per Serving Nutritional Analysis

Calories (kcal):	54
% Calories from Fat:	74.5%
% Calories from Carbohydrates:	1.7%
% Calories from Protein:	23.8%
Total Fat (g):	4g
Saturated Fat (g):	1g
Monounsaturated Fat (g):	1g
Polyunsaturated Fat (g):	1g
Cholesterol (mg):	107mg
Carbohydrate (g):	trace

Vitamin B6 (mg):	trace
Vitamin B12 (mcg):	.3mcg
Thiamin B1 (mg):	trace
Riboflavin B2 (mg):	.1mg
Folacin (mcg):	13mcg
Niacin (mg):	trace
Caffeine (mg):	0mg
Alcohol (kcal):	0
% Refuse:	0.0%

Food Exchanges

Dietary Fiber (g): trace
Protein (g): 3g
Sodium (mg): 48mg
Potassium (mg): 38mg
Calcium (mg): 14mg
Iron (mg): 1mg
Zinc (mg): trace
Vitamin C (mg): 1mg
Vitamin A (i.u.): 161IU
Vitamin A (r.e.): 39 1/2RE

Grain (Starch): 0
Lean Meat: 1/2
Vegetable: 0
Fruit: 0
Non-Fat Milk: 0
Fat: 1/2
Other Carbohydrates: 0

Nutrition Facts

Servings per Recipe: 24

Amount Per Serving

Calories 54 Calories from Fat: 40

% Daily Values*

Total Fat	4g	7%
Saturated Fat	1g	5%
Cholesterol	107mg	36%
Sodium	48mg	2%
Total Carbohydrates	trace	0%
Dietary Fiber	trace	0%
Protein	3g	

Vitamin A	3%
Vitamin C	1%
Calcium	1%
Iron	3%

** Percent Daily Values are based on a 2000 calorie diet.*