

Deviled Eggs with Blue Cheese and Walnuts

Paula Macri - Gattuso's Bella Cucina
Treasure Coast Newspapers

6 large hard-boiled eggs
1/4 cup mayonnaise
1 teaspoon mustard
1 teaspoon white vinegar
1/4 cup apple (of choice), chopped
1 tablespoon blue cheese, crumbled
1 tablespoon walnuts, toasted and chopped

Peel the hard-boiled eggs and cut in half lengthwise. Carefully remove the yolk from each half of the egg and set aside.

In a mixing bowl, add the egg yolks and mash together with a fork.

Add the mayonnaise, mustard and vinegar. Mix everything together until well blended.

Add the chopped apple, blue cheese and walnuts. Stir all of the ingredients together so that they are mixed well.

Stuff each egg white with the yolk mixture.

Cover and chill up to twenty-four hours before serving.

Per Serving (excluding unknown items): 542 Calories; 38g Fat (65.1% calories from fat); 41g Protein; 5g Carbohydrate; 1g Dietary Fiber; 1277mg Cholesterol; 534mg Sodium. Exchanges: 0 Grain(Starch); 6 Lean Meat; 4 Fat; 0 Other Carbohydrates.

Appetizers

Per Serving Nutritional Analysis

Calories (kcal):	542	Vitamin B6 (mg):	.4mg
% Calories from Fat:	65.1%	Vitamin B12 (mcg):	3.4mcg
% Calories from Carbohydrates:	3.8%	Thiamin B1 (mg):	.2mg
% Calories from Protein:	31.1%	Riboflavin B2 (mg):	1.5mg

Total Fat (g): 38g
Saturated Fat (g): 11g
Monounsaturated Fat (g): 14g
Polyunsaturated Fat (g): 7g
Cholesterol (mg): 1277mg
Carbohydrate (g): 5g
Dietary Fiber (g): 1g
Protein (g): 41g
Sodium (mg): 534mg
Potassium (mg): 449mg
Calcium (mg): 196mg
Iron (mg): 4mg
Zinc (mg): 4mg
Vitamin C (mg): trace
Vitamin A (i.u.): 1754IU
Vitamin A (r.e.): 521 1/2RE

Folacin (mcg): 140mcg
Niacin (mg): trace
Caffeine (mg): 0mg
Alcohol (kcal): 0
% Refuse: n n%

Food Exchanges

Grain (Starch): 0
Lean Meat: 6
Vegetable: 0
Fruit: 0
Non-Fat Milk: 0
Fat: 4
Other Carbohydrates: 0

Nutrition Facts

Amount Per Serving

Calories 542 **Calories from Fat:** 353

% Daily Values*

Total Fat 38g	59%
Saturated Fat 11g	57%
Cholesterol 1277mg	426%
Sodium 534mg	22%
Total Carbohydrates 5g	2%
Dietary Fiber 1g	2%
Protein 41g	
Vitamin A	35%
Vitamin C	0%
Calcium	20%
Iron	22%

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