

# Healthy Keto Buffalo Deviled Eggs

Hands-on 10 minutes Overall 20 minutes

**Nutritional values (per serving, 2 deviled eggs):** Total carbs: 1.4 g, Fiber: 0.2 g,

**Net carbs: 1.2 g**, Protein: 8.6 g, Fat: 14 g, Calories: 167 kcal,

[Original recipe](#), [Keto Diet App](#) - The ultimate low-carb diet app



## Ingredients (makes 6 servings)

6 large eggs

3 tbsp [paleo mayonnaise](#) (45 g / 1.6 oz) - *you can [make your own](#)*

2 tbsp buffalo sauce + more for topping (30 ml) - *you can use our homemade [Fermented Sriracha](#)*

1/3 cup crumbled blue cheese (57 g / 2 oz)

1 celery stalk (40 g / 1.4 oz)

1 tbsp chopped chives

## Instructions

1. Place the eggs in a large pot and cover with cold water by 2 1/2 cm/ 1 inch. Bring to a boil over medium-high heat.
2. Once boiling cover and remove from the heat, set aside 8 to 10 minutes. Rinse the eggs with cool water then peel and cut in half.
3. Scoop the yolks into a small bowl with the buffalo sauce and mayonnaise.
4. Place the egg whites on a serving platter and fill each with the yolk mixture.
5. Top with a dash of hot sauce, blue cheese, celery, and chives.
6. Store in an airtight container in the refrigerator for up to 4 days.

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