



Baked Buffalo Chicken

 Gluten Free

READY IN



45 min.

SERVINGS



4

CALORIES



600 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.5 cup cheese dressing blue reduced-fat
- ☐ 2.3 pounds chicken thighs bone-in
- ☐ 1 teaspoon celery seeds
- ☐ 0.3 cup hot sauce
- ☐ 3 tablespoons butter fat-free melted
- ☐ 0.1 teaspoon pepper
- ☐ 1.5 teaspoons vegetable oil
- ☐ 2 tablespoons water

☐

 1 tablespoon vinegar white

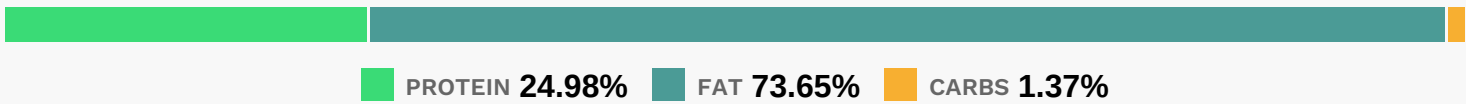
Equipment

- ☐ frying pan
- ☐ oven
- ☐ baking pan

Directions

- ☐ Preheat oven to 40
- ☐ Heat oil in a nonstick skillet coated with cooking spray over medium-high heat.
- ☐ Add chicken; cook 4 minutes on each side.
- ☐ Transfer chicken to an 11 x 7-inch baking dish coated with cooking spray.
- ☐ Combine hot sauce and next 5 ingredients; pour over chicken.
- ☐ Bake, uncovered, at 400 for 25 minutes.
- ☐ Serve with blue cheese dressing.
- ☐ carbo rating: 6

Nutrition Facts



Properties

Glycemic Index:20.5, Glycemic Load:0.01, Inflammation Score:-5, Nutrition Score:16.572608562915%

Flavonoids

Apigenin: 0.39mg, Apigenin: 0.39mg, Apigenin: 0.39mg, Apigenin: 0.39mg Luteolin: 3.81mg, Luteolin: 3.81mg, Luteolin: 3.81mg, Luteolin: 3.81mg

Nutrients (% of daily need)

Calories: 600.17kcal (30.01%), Fat: 48.55g (74.69%), Saturated Fat: 12.53g (78.33%), Carbohydrates: 2.04g (0.68%), Net Carbohydrates: 1.92g (0.7%), Sugar: 1.06g (1.18%), Cholesterol: 212.84mg (70.95%), Sodium: 951.29mg (41.36%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 37.05g (74.1%), Selenium: 41.13µg (58.76%), Vitamin B3: 10.14mg (50.72%), Vitamin B6: 0.78mg (38.96%), Phosphorus: 375.14mg (37.51%), Vitamin B12: 1.47µg (24.48%), Vitamin B5: 2.23mg (22.3%), Vitamin B2: 0.33mg (19.69%), Zinc: 2.84mg (18.94%), Vitamin C: 11.42mg (13.84%), Potassium:

480.04mg (13.72%), Magnesium: 46.84mg (11.71%), Vitamin B1: 0.17mg (11.66%), Vitamin A: 570.57IU (11.41%), Iron: 1.91mg (10.61%), Vitamin K: 9.77µg (9.31%), Vitamin E: 1.02mg (6.8%), Copper: 0.13mg (6.35%), Calcium: 58.53mg (5.85%), Manganese: 0.09mg (4.5%), Folate: 8.49µg (2.12%), Vitamin D: 0.22µg (1.45%)