



Baked Buffalo Chicken Strips with Blue Cheese Dip

READY IN



35 min.

SERVINGS



8

CALORIES



496 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 5 ounces cheese blue crumbled
- ☐ 1.5 cups buttermilk
- ☐ 4 tablespoons canola oil
- ☐ 6 large rib celery cut in quarters lengthwise
- ☐ 0.7 cup hot sauce
- ☐ 8 ounces ritz crackers (2 sleeves)
- ☐ 8 servings salt and pepper
- ☐ 3 tablespoons buffalo wing seasoning mix

- ☐ 2 pounds chicken breasts boneless skinless
- ☐ 1 cup heavy whipping cream sour
- ☐ 0.5 tablespoon citrus champagne vinegar
- ☐ 1.5 teaspoons worcestershire sauce

Equipment

- ☐ food processor
- ☐ bowl
- ☐ frying pan
- ☐ baking sheet
- ☐ oven
- ☐ whisk

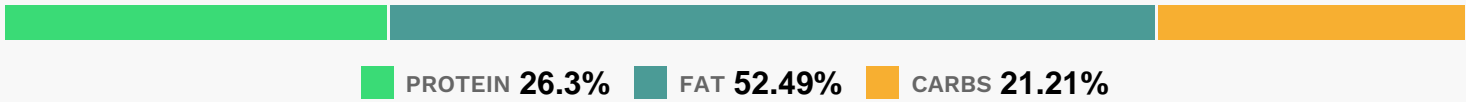
Directions

- ☐ Cut each chicken breast into 4 strips, lengthwise, and place in a large bowl. In a separate bowl, whisk together 1 1/2 cups buttermilk and hot sauce until blended.
- ☐ Pour over chicken; mix until chicken is coated. Cover and refrigerate for 1 hour.
- ☐ Make dip: In a medium bowl, combine sour cream, 1/2 cup buttermilk, blue cheese, vinegar and Worcestershire sauce.
- ☐ Whisk to mix well. Season to taste with salt and pepper. Cover and refrigerate.
- ☐ Preheat oven to 350F. Mist 2 large baking sheets with cooking spray. In a food processor, pulse crackers until crushed.
- ☐ Add seasoning mix and pulse to combine.
- ☐ Spread cracker mixture on a large platter.
- ☐ Remove chicken from marinade and carefully dredge each strip in cracker mixture.
- ☐ In a large skillet, warm 2 Tbsp. oil over medium-high heat until shimmering.
- ☐ Add half of chicken and cook, turning, until brown and crisp on all sides, 2 to 3 minutes.
- ☐ Place on baking sheet. Repeat with remaining oil and chicken.
- ☐ Place baking sheets in oven and bake until chicken is cooked through, 8 to 10 minutes.

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Serve chicken hot with celery and blue cheese dip.

Nutrition Facts



Properties

Glycemic Index:11.88, Glycemic Load:0.87, Inflammation Score:-6, Nutrition Score:24.953043336454%

Flavonoids

Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg

Nutrients (% of daily need)

Calories: 496.05kcal (24.8%), Fat: 28.98g (44.59%), Saturated Fat: 9.87g (61.7%), Carbohydrates: 26.36g (8.79%), Net Carbohydrates: 23.28g (8.46%), Sugar: 6.17g (6.86%), Cholesterol: 107.78mg (35.93%), Sodium: 1380.59mg (60.03%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 32.67g (65.34%), Vitamin B3: 13.78mg (68.89%), Selenium: 43.15µg (61.64%), Vitamin K: 55.57µg (52.92%), Vitamin B6: 1.01mg (50.68%), Phosphorus: 455.54mg (45.55%), Calcium: 315.5mg (31.55%), Vitamin B2: 0.43mg (25.26%), Vitamin E: 3.65mg (24.36%), Vitamin B5: 2.37mg (23.7%), Manganese: 0.46mg (23.24%), Iron: 3.98mg (22.11%), Vitamin C: 16.88mg (20.46%), Potassium: 705.38mg (20.15%), Vitamin B1: 0.25mg (16.53%), Magnesium: 62.56mg (15.64%), Folate: 50µg (12.5%), Fiber: 3.08g (12.32%), Vitamin B12: 0.71µg (11.84%), Zinc: 1.74mg (11.62%), Vitamin A: 553.55IU (11.07%), Copper: 0.13mg (6.64%), Vitamin D: 0.79µg (5.25%)