



## Boneless Buffalo Chicken Appetizers

 Gluten Free

READY IN



50 min.

SERVINGS



12

CALORIES



104 kcal

SIDE DISH

### Ingredients

- 0.3 cup honey
- 0.3 cup chili sauce
- 4 teaspoons soya sauce
- 2 teaspoons sauce of the chicken from the turbo broiler
- 1 teaspoon apple cider vinegar
- 0.1 teaspoon ground ginger
- 0.1 teaspoon ground cumin
- 1 lb chicken breast boneless skinless

- 0.5 cup cheese dressing blue
- 0.3 cup cream sour
- 2 tablespoons parsley fresh chopped
- 2 tablespoons cheese blue crumbled

## Equipment

- bowl
- frying pan
- toothpicks
- slotted spoon

## Directions

- In medium bowl, mix all chicken ingredients except chicken.
- Add chicken; toss to coat well. Cover; refrigerate at least 30 minutes to marinate.
- Meanwhile, in small bowl, mix dressing and sour cream until well blended. Refrigerate until serving time.
- Heat 12-inch nonstick skillet over medium-high heat. With slotted spoon, remove chicken from marinade; reserve marinade.
- Add chicken to skillet; cook and stir 4 minutes.
- Add reserved marinade; cook over medium-high heat 6 to 7 minutes, stirring occasionally, until sauce thickens and chicken is no longer pink in center.
- Spoon dipping sauce into small serving bowl; sprinkle with parsley and blue cheese.
- Place bowl on serving platter; arrange warm chicken around bowl.
- Serve with cocktail toothpicks.

## Nutrition Facts

**PROTEIN 35.84%** **FAT 25.95%** **CARBS 38.21%**

## Properties

Glycemic Index:14.27, Glycemic Load:4.08, Inflammation Score:-2, Nutrition Score:5.2600000487721%

## Flavonoids

Apigenin: 1.44mg, Apigenin: 1.44mg, Apigenin: 1.44mg, Apigenin: 1.44mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.1mg, Myricetin: 0.1mg, Myricetin: 0.1mg, Myricetin: 0.1mg

## Nutrients (% of daily need)

Calories: 104.08kcal (5.2%), Fat: 3.01g (4.64%), Saturated Fat: 1.19g (7.41%), Carbohydrates: 9.99g (3.33%), Net Carbohydrates: 9.74g (3.54%), Sugar: 9.24g (10.27%), Cholesterol: 28mg (9.33%), Sodium: 393.94mg (17.13%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 9.37g (18.73%), Vitamin B3: 4.19mg (20.94%), Selenium: 12.79µg (18.28%), Vitamin B6: 0.31mg (15.41%), Vitamin K: 12.06µg (11.48%), Phosphorus: 103.49mg (10.35%), Vitamin B5: 0.59mg (5.92%), Potassium: 191.18mg (5.46%), Vitamin B2: 0.07mg (4.31%), Magnesium: 13.66mg (3.42%), Vitamin C: 2.68mg (3.24%), Vitamin A: 158.4IU (3.17%), Calcium: 25.62mg (2.56%), Vitamin B1: 0.04mg (2.42%), Zinc: 0.34mg (2.28%), Iron: 0.41mg (2.25%), Vitamin B12: 0.12µg (2.06%), Vitamin E: 0.27mg (1.8%), Manganese: 0.03mg (1.68%), Copper: 0.03mg (1.49%), Folate: 4.77µg (1.19%)