



## Boneless Buffalo Chicken Appetizers

 Gluten Free

READY IN



50 min.

SERVINGS



12

CALORIES



104 kcal

SIDE DISH

### Ingredients

- 2 tablespoons cheese blue crumbled
- 0.5 cup cheese dressing blue
- 0.3 cup chili sauce
- 1 teaspoon apple cider vinegar
- 2 tablespoons parsley fresh chopped
- 0.1 teaspoon ground cumin
- 0.1 teaspoon ground ginger
- 0.3 cup honey

- 2 teaspoons hot sauce
- 1 lb chicken breast boneless skinless
- 0.3 cup cream sour
- 4 teaspoons soya sauce

## 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 35.82%**  **FAT 25.95%**  **CARBS 38.23%**

## Properties

Glycemic Index:14.27, Glycemic Load:4.08, Inflammation Score:-2, Nutrition Score:5.297826146302%

## 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: 104.16kcal (5.21%), Fat: 3.02g (4.64%), Saturated Fat: 1.19g (7.41%), Carbohydrates: 10g (3.33%), Net Carbohydrates: 9.75g (3.55%), Sugar: 9.25g (10.28%), Cholesterol: 28mg (9.33%), Sodium: 386.37mg (16.8%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 9.37g (18.74%), Vitamin B3: 4.19mg (20.95%), Selenium: 12.79µg (18.28%), Vitamin B6: 0.31mg (15.47%), Vitamin K: 12.07µg (11.5%), Phosphorus: 103.56mg (10.36%), Vitamin B5: 0.59mg (5.92%), Potassium: 192.14mg (5.49%), Vitamin B2: 0.07mg (4.34%), Vitamin C: 3.17mg (3.85%), Magnesium: 13.7mg (3.42%), Vitamin A: 159.48IU (3.19%), Calcium: 25.68mg (2.57%), Vitamin B1: 0.04mg (2.43%), Zinc: 0.34mg (2.29%), Iron: 0.41mg (2.27%), Vitamin B12: 0.12µg (2.06%), Vitamin E: 0.27mg (1.8%), Manganese: 0.03mg (1.69%), Copper: 0.03mg (1.5%), Folate: 4.81µg (1.2%)