



 **13%**  
HEALTH SCORE

## Boneless Buffalo Strips

READY IN



45 min.

SERVINGS



8

CALORIES



389 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

## Ingredients

- 8 servings gorgonzola dip
- 0.5 cup cream sour reduced-fat
- 0.3 cup greek yogurt
- 0.5 cup gorgonzola crumbled
- 1 teaspoon garlic your favorite (or house seasoning)
- 0.5 teaspoon salt
- 1 tablespoon apple cider vinegar
- 8 servings buffalo strips
- 1 pound chicken breast boneless skinless cut into strips

- 2 teaspoons salt
- 2 teaspoons sriracha
- 2 tablespoons sauce of the chicken from the turbo broiler red hot
- 1 cup buttermilk low fat
- 1.5 cups panko bread crumbs whole wheat
- 8 tablespoons flour whole wheat
- 1.5 teaspoons paprika smoked
- 1 teaspoon ground pepper
- 1.5 teaspoons salt
- 0.3 cup sauce of the chicken from the turbo broiler red hot

## Equipment

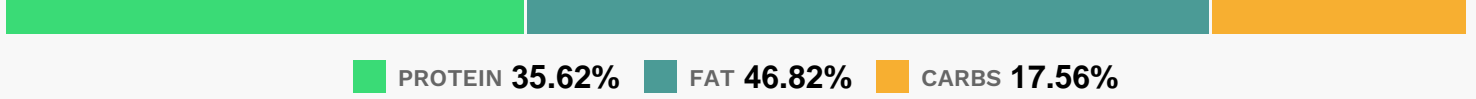
- food processor
- bowl
- oven
- whisk
- wire rack
- pastry brush

## Directions

- Whisk together buttermilk, chili-garlic sauce, Franks, buttermilk, vinegar and salt.
- Add chicken and marinate overnight.
- Preheat oven to 450 degrees. Spray wire rack with cooking spray.
- Combine panko, flour, paprika, cayenne and salt in a large bowl.
- Dredge chicken in flour mixture, shake off excess and place on wire rack. Repeat with all chicken pieces.
- Spray chicken breasts with cooking spray, making sure to hit all parts of the chicken.
- Cook for 10 minutes. Take out, turn chicken pieces over, spray again, and return to oven for another 5 minutes, or until all pieces are golden brown and chicken reaches 155 degrees.

- Meanwhile, in a small food processor add ingredients for gorgonzola dip. Process until smooth.
- When chicken strips are done, with a pastry brush, brush strips with Franks Red Hot.
- Serve with gorgonzola sauce and carrot and celery sticks.

## Nutrition Facts



### Properties

Glycemic Index:18, Glycemic Load:0.12, Inflammation Score:-5, Nutrition Score:19.701739130435%

### Flavonoids

Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

### Taste

Sweetness: 15.85%, Saltiness: 100%, Sourness: 17.51%, Bitterness: 20.17%, Savoriness: 60.26%, Fattiness: 92.94%, Spiciness: 100%

### Nutrients (% of daily need)

Calories: 388.97kcal (19.45%), Fat: 19.94g (30.67%), Saturated Fat: 8.84g (55.27%), Carbohydrates: 16.83g (5.61%), Net Carbohydrates: 15.31g (5.57%), Sugar: 2.79g (3.1%), Cholesterol: 107.63mg (35.88%), Sodium: 1919.39mg (83.45%), Protein: 34.12g (68.25%), Selenium: 43.99µg (62.85%), Vitamin B3: 11.36mg (56.78%), Vitamin B6: 0.81mg (40.72%), Phosphorus: 391.84mg (39.18%), Vitamin B12: 1.93µg (32.18%), Zinc: 4.77mg (31.8%), Vitamin B2: 0.42mg (24.81%), Manganese: 0.43mg (21.55%), Vitamin B1: 0.31mg (20.86%), Iron: 3.39mg (18.81%), Potassium: 637.56mg (18.22%), Vitamin B5: 1.69mg (16.93%), Calcium: 138.54mg (13.85%), Magnesium: 53.63mg (13.41%), Copper: 0.2mg (9.97%), Vitamin A: 421.79IU (8.44%), Folate: 33.26µg (8.31%), Fiber: 1.51g (6.05%), Vitamin E: 0.63mg (4.21%), Vitamin C: 1.42mg (1.72%), Vitamin K: 1.77µg (1.68%)