



Buffalo Chicken

 Gluten Free

READY IN



10 min.

SERVINGS



4

CALORIES



549 kcal

Ingredients

- ☐ 0.1 teaspoon pepper black
- ☐ 4 ounces cheese blue crumbled
- ☐ 5 ounce hot sauce such as Frank's RedHot
- ☐ 1 small head iceberg lettuce cored quartered
- ☐ 0.3 teaspoon kosher salt
- ☐ 1 rotisserie chicken cut cut into pieces
- ☐ 0.5 cup cup heavy whipping cream sour
- ☐ 4 tablespoons butter unsalted

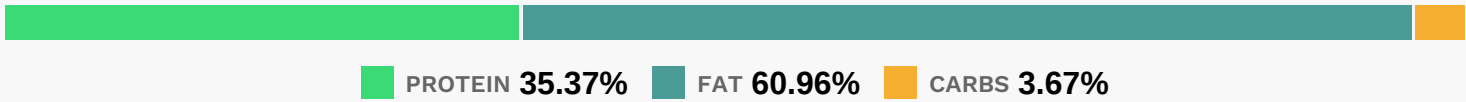
Equipment

- ☐ bowl
- ☐ sauce pan

Directions

- ☐ In a small saucepan, over medium-low heat, warm the hot sauce. Stir in the butter and heat until melted.
- ☐ Place the chicken pieces in a large bowl, pour the hot sauce mixture over the chicken, and toss. In a small bowl, combine the sour cream, blue cheese, salt, pepper, and 2 1/2 tablespoons water. (If you prefer a thinner dressing, add more water, 1 teaspoon at a time.) Divide the chicken and lettuce among individual plates.
- ☐ Drizzle the blue cheese dressing over the lettuce.

Nutrition Facts



Properties

Glycemic Index:22.75, Glycemic Load:0.65, Inflammation Score:-6, Nutrition Score:9.4517390727997%

Flavonoids

Apigenin: 0.11mg, Apigenin: 0.11mg, Apigenin: 0.11mg, Apigenin: 0.11mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg Quercetin: 1.15mg, Quercetin: 1.15mg, Quercetin: 1.15mg, Quercetin: 1.15mg

Nutrients (% of daily need)

Calories: 548.77kcal (27.44%), Fat: 37.57g (57.8%), Saturated Fat: 18.69g (116.78%), Carbohydrates: 5.09g (1.7%), Net Carbohydrates: 4g (1.45%), Sugar: 3.2g (3.55%), Cholesterol: 212.32mg (70.77%), Sodium: 1947.02mg (84.65%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 49.05g (98.11%), Vitamin C: 29.03mg (35.19%), Vitamin A: 1209.65IU (24.19%), Vitamin K: 22.57µg (21.49%), Calcium: 199.86mg (19.99%), Phosphorus: 155.12mg (15.51%), Vitamin B2: 0.21mg (12.4%), Folate: 37.98µg (9.49%), Potassium: 277.97mg (7.94%), Selenium: 5.4µg (7.71%), Vitamin B6: 0.15mg (7.46%), Vitamin B12: 0.43µg (7.17%), Vitamin B5: 0.72mg (7.16%), Zinc: 1.02mg (6.82%), Manganese: 0.13mg (6.66%), Vitamin E: 0.69mg (4.63%), Fiber: 1.09g (4.38%), Magnesium: 17.23mg (4.31%), Vitamin B1: 0.06mg (4.05%), Iron: 0.62mg (3.45%), Vitamin B3: 0.51mg (2.56%), Copper: 0.05mg (2.49%), Vitamin D: 0.35µg (2.34%)