



Buffalo Chicken Bites

 Gluten Free

READY IN



30 min.

SERVINGS



24

CALORIES



100 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 2 cups rotisserie chicken cut shredded (from 2- to 3-lb chicken)
- 8 oz cream cheese softened
- 6 oz cheddar cheese shredded
- 2 tablespoons sauce of the chicken from the turbo broiler
- 24 wonton skins
- 1 serving spring onion sliced

Equipment

- bowl

- oven
- muffin liners

Directions

- Heat oven to 375°F. Spray 24 mini muffin cups with cooking spray.
- In medium bowl, mix chicken, cream cheese, 1 cup of the Mexican cheese and the Buffalo wing sauce until well blended.
- Place 1 wonton skin in each muffin cup. Spoon chicken mixture evenly into cups.
- Bake 6 minutes.
- Sprinkle 1 teaspoon of the remaining Mexican cheese into each cup.
- Bake 2 minutes longer or until wontons are lightly browned and cheese is melted.
- Garnish with green onion tops.
- Serve warm.

Nutrition Facts

 **PROTEIN 32.96%**  **FAT 64.39%**  **CARBS 2.65%**

Properties

Glycemic Index:2.46, Glycemic Load:0.14, Inflammation Score:-1, Nutrition Score:1.2143478151411%

Flavonoids

Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg

Nutrients (% of daily need)

Calories: 100.24kcal (5.01%), Fat: 7.19g (11.06%), Saturated Fat: 3.65g (22.82%), Carbohydrates: 0.67g (0.22%), Net Carbohydrates: 0.66g (0.24%), Sugar: 0.45g (0.5%), Cholesterol: 36.15mg (12.05%), Sodium: 197.85mg (8.6%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 8.28g (16.57%), Calcium: 56.35mg (5.64%), Phosphorus: 41.25mg (4.12%), Vitamin A: 176.61IU (3.53%), Selenium: 1.88µg (2.68%), Vitamin B2: 0.04mg (2.62%), Vitamin B12: 0.11µg (1.8%), Zinc: 0.26mg (1.74%)