



Buffalo Chicken Bites

 Gluten Free

READY IN



30 min.

SERVINGS



24

CALORIES



102 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

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

Equipment

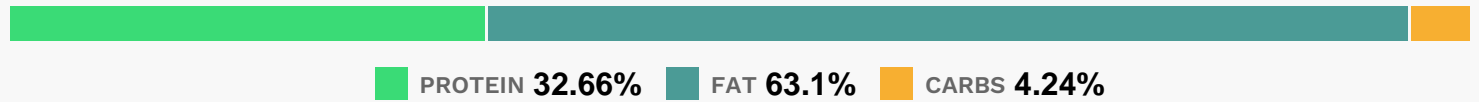
- bowl

- oven
- muffin liners

Directions

- Heat oven to 375F. 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



Properties

Glycemic Index:2.46, Glycemic Load:0.23, Inflammation Score:-2, Nutrition Score:2.0447825983815%

Flavonoids

Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg Quercetin: 0.64mg, Quercetin: 0.64mg, Quercetin: 0.64mg, Quercetin: 0.64mg

Nutrients (% of daily need)

Calories: 102.08kcal (5.1%), Fat: 7.2g (11.08%), Saturated Fat: 3.65g (22.83%), Carbohydrates: 1.09g (0.36%), Net Carbohydrates: 0.93g (0.34%), Sugar: 0.59g (0.65%), Cholesterol: 36.15mg (12.05%), Sodium: 198.77mg (8.64%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 8.39g (16.78%), Vitamin K: 12.8µg (12.19%), Calcium: 60.49mg (6.05%), Vitamin A: 233.94IU (4.68%), Phosphorus: 43.37mg (4.34%), Vitamin B2: 0.05mg (2.89%), Selenium: 1.91µg (2.73%), Zinc: 0.28mg (1.89%), Vitamin B12: 0.11µg (1.8%), Folate: 5.61µg (1.4%), Vitamin C: 1.13mg (1.37%)