



Buffalo Chicken Bites with Blue Cheese Dipping Sauce

 Gluten Free

READY IN



55 min.

SERVINGS



40

CALORIES



36 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 1 egg whites
- 0.3 cup sauce of the chicken from the turbo broiler
- 1 lb chicken breast boneless skinless cut into 40 (1-inch) pieces
- 3 tablespoons cornmeal
- 1 teaspoon salt
- 0.5 teaspoon pepper
- 1 serving vegetable oil

- 3 oz cheese blue crumbled
- 6 tablespoons cream sour
- 6 tablespoons mayonnaise light
- 3 tablespoons milk
- 0.8 cup frangelico

Equipment

- bowl
- frying pan
- baking sheet
- paper towels
- ziploc bags
- slotted spoon

Directions

- In medium bowl, mix egg white and Buffalo wing sauce. Stir in chicken. Cover; refrigerate 30 minutes.
- Line cookie sheet with waxed paper. In large resealable food-storage plastic bag, place Bisquick mix, cornmeal, salt and pepper. With slotted spoon, remove 1/4 of chicken pieces from bowl and add to bag; seal bag and shake to coat. Repeat with remaining chicken pieces. Tap off excess Bisquick mixture and place chicken on cookie sheet.
- In small bowl, mix dipping sauce ingredients until well combined. Cover; refrigerate until serving time.
- In 10-inch nonstick skillet, heat oil (1/4 inch) over medium-high heat 2 to 4 minutes. Cook chicken bites in oil in batches, about 1/3 at a time, 3 to 4 minutes, turning once, until golden brown.
- Drain on paper towels.
- Serve chicken with dipping sauce.

Nutrition Facts



■ PROTEIN **34.94%** ■ FAT **54.41%** ■ CARBS **10.65%**

Properties

Glycemic Index:4.14, Glycemic Load:0.36, Inflammation Score:-1, Nutrition Score:1.6226086882146%

Nutrients (% of daily need)

Calories: 36.1kcal (1.8%), Fat: 2.15g (3.31%), Saturated Fat: 0.8g (4.99%), Carbohydrates: 0.95g (0.32%), Net Carbohydrates: 0.87g (0.32%), Sugar: 0.22g (0.24%), Cholesterol: 10.39mg (3.46%), Sodium: 176.7mg (7.68%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.11g (6.22%), Vitamin B3: 1.23mg (6.14%), Selenium: 4.28µg (6.11%), Vitamin B6: 0.09mg (4.72%), Phosphorus: 36.7mg (3.67%), Vitamin B5: 0.22mg (2.16%), Vitamin K: 1.92µg (1.83%), Vitamin B2: 0.03mg (1.65%), Potassium: 55.97mg (1.6%), Calcium: 15.37mg (1.54%), Magnesium: 4.72mg (1.18%), Zinc: 0.16mg (1.06%)