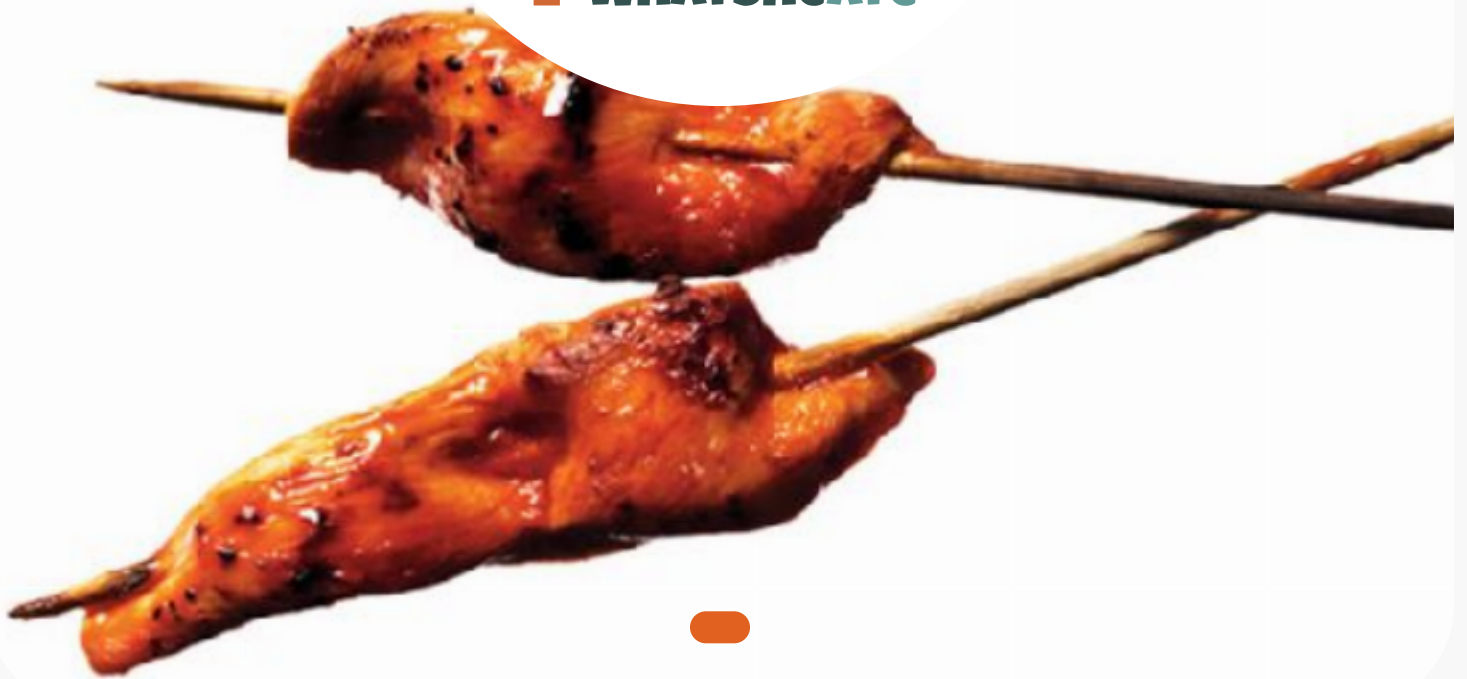




Buffalo Chicken Dippers

 Gluten Free

READY IN



45 min.

SERVINGS



6

CALORIES



170 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.5 cup cheese blue crumbled
- ☐ 0.5 cup cheese dressing fat-free blue
- ☐ 4 carrots cut into sticks
- ☐ 4 celery stalks cut into sticks
- ☐ 1 pound chicken tenderloins cut into strips
- ☐ 1 tablespoon cornstarch
- ☐ 0.3 cup hot sauce divided

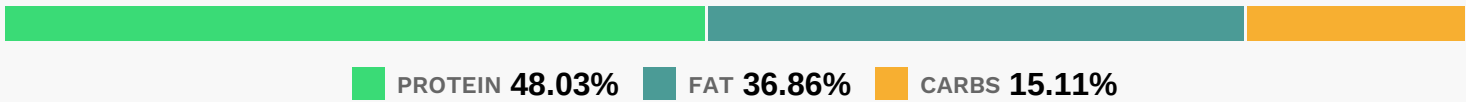
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ skewers
- ☐ broiler pan

Directions

- ☐ Soak skewers in water 15 minutes.
- ☐ Heatbroiler; coat a broiler pan with cookingspray. In a bowl, stir cornstarch into 1 tablespoonhot sauce until smooth; stir in remaininghot sauce.
- ☐ Add chicken; toss to coat.Thread chicken lengthwise on skewers;reserve remaining hot sauce mixture.
- ☐ Place chicken in pan so skewers hang offedge; cover exposed sticks with aluminumfoil. Broil 4 minutes. Turn chicken; brushwith remaining sauce. Broil until chickenis cooked through, 4 to 5 minutes. Inanother bowl, combine blue cheese anddressing.
- ☐ Serve chicken with vegetablesticks and blue cheese dipping sauce.
- ☐ Self

Nutrition Facts



Properties

Glycemic Index:17.64, Glycemic Load:1.37, Inflammation Score:-10, Nutrition Score:15.49173913313%

Flavonoids

Apigenin: 0.08mg, Apigenin: 0.08mg, Apigenin: 0.08mg, Apigenin: 0.08mg Luteolin: 0.07mg, Luteolin: 0.07mg, Luteolin: 0.07mg, Luteolin: 0.07mg Kaempferol: 0.1mg, Kaempferol: 0.1mg, Kaempferol: 0.1mg, Kaempferol: 0.1mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 0.1mg, Quercetin: 0.1mg, Quercetin: 0.1mg, Quercetin: 0.1mg

Nutrients (% of daily need)

Calories: 169.7kcal (8.49%), Fat: 6.81g (10.48%), Saturated Fat: 3.08g (19.25%), Carbohydrates: 6.28g (2.09%), Net Carbohydrates: 5.05g (1.84%), Sugar: 2.76g (3.07%), Cholesterol: 57.02mg (19.01%), Sodium: 791.5mg (34.41%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 19.97g (39.93%), Vitamin A: 6936.48IU (138.73%), Vitamin B3: 8.45mg (42.26%), Selenium: 26.24µg (37.48%), Vitamin B6: 0.67mg (33.4%), Phosphorus: 235.75mg (23.58%),

Vitamin C: 13.42mg (16.27%), Vitamin B5: 1.4mg (14.04%), Potassium: 465.84mg (13.31%), Vitamin B2: 0.17mg (10.3%), Calcium: 96.93mg (9.69%), Vitamin K: 7.99µg (7.61%), Magnesium: 29.55mg (7.39%), Zinc: 0.91mg (6.04%), Vitamin B1: 0.09mg (5.86%), Vitamin B12: 0.34µg (5.59%), Fiber: 1.23g (4.93%), Folate: 17.17µg (4.29%), Manganese: 0.08mg (4.02%), Vitamin E: 0.51mg (3.43%), Iron: 0.61mg (3.41%), Copper: 0.05mg (2.53%)