



Buffalo Chicken Egg Roll Minis

READY IN



35 min.

SERVINGS



35

CALORIES



53 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 0.3 cup celery finely chopped
- 0.5 cup athenos cheese blue crumbled
- 1 cup meat from a rotisserie chicken cooked chopped
- 1.5 cups coleslaw blend (cabbage slaw mix)
- 0.5 cup real mayo mayonnaise kraft
- 0.5 cup classic ranch dressing divided kraft
- 2 tsp sriracha sauce hot (chili sauce)
- 24 3-inch won ton wrappers ()

Equipment

- baking sheet
- oven

Directions

- Heat oven to 400F.
- Combine coleslaw blend, chicken, 1/4 cup dressing and Sriracha sauce. Spoon 1 rounded Tbsp. coleslaw mixture down one side of each won ton wrapper; lightly moisten opposite side of wrapper with water.
- Roll up won tons tightly, pressing edge of wrapper to won ton to seal.
- Place, seam sides down, on baking sheet sprayed with cooking spray. Lightly spray egg rolls with additional cooking spray.
- Bake 10 to 12 min. or until golden brown. Meanwhile, mix mayo, blue cheese, celery and remaining dressing.
- Serve egg rolls with mayo mixture.

Nutrition Facts

PROTEIN 12.17% **FAT 81.28%** **CARBS 6.55%**

Properties

Glycemic Index:4.37, Glycemic Load:0.07, Inflammation Score:-1, Nutrition Score:1.4491304353527%

Flavonoids

Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

Nutrients (% of daily need)

Calories: 52.87kcal (2.64%), Fat: 4.75g (7.31%), Saturated Fat: 1.05g (6.56%), Carbohydrates: 0.86g (0.29%), Net Carbohydrates: 0.76g (0.28%), Sugar: 0.3g (0.33%), Cholesterol: 6.74mg (2.25%), Sodium: 88.68mg (3.86%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.6g (3.2%), Vitamin K: 12.35µg (11.77%), Phosphorus: 23.73mg (2.37%), Selenium: 1.66µg (2.37%), Vitamin B3: 0.38mg (1.92%), Vitamin C: 1.33mg (1.61%), Calcium: 13.71mg (1.37%), Vitamin B6: 0.03mg (1.29%), Vitamin E: 0.19mg (1.28%), Vitamin B2: 0.02mg (1.25%), Vitamin B5: 0.11mg (1.14%)