



Buffalo Chicken Egg Rolls

READY IN



90 min.

SERVINGS



12

CALORIES



179 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 2 cups chicken broth (from 32-oz carton)
- 2 cups water
- 1.5 lb chicken breast boneless skinless
- 1 teaspoon olive oil
- 6 medium stalks celery cut into thin 1-inch strips
- 1 cup carrots grated
- 0.3 teaspoon salt
- 10 spring onion finely chopped
- 0.3 cup sauce of the chicken from the turbo broiler

- 2 tablespoons butter melted
- 2 oz cheese blue crumbled
- 1 serving cooking oil for deep frying
- 0.3 cup flour all-purpose
- 12 wonton skins (from 1-lb package)
- 1 eggs beaten
- 0.5 cup ranch dressing blue
- 1 serving parsley fresh italian (flat-leaf)

Equipment

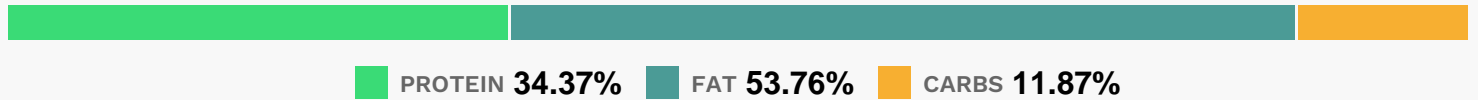
- bowl
- frying pan
- paper towels
- sauce pan
- dutch oven
- deep fryer

Directions

- In 2-quart saucepan, heat broth and water to boiling; add chicken. Reduce heat to medium; cook 20 to 25 minutes or until juice of chicken is clear when center of thickest part is cut (at least 165°F).
- Remove chicken to large bowl; set aside to cool. Discard poaching liquid.
- In 10-inch skillet, heat 1 teaspoon oil over medium heat.
- Add celery, carrots and salt; cook and stir until vegetables are crisp-tender. Shred chicken with 2 forks.
- Add sautéed vegetables, onions, pepper sauce, butter and blue cheese; mix well.
- In deep fryer or 4-quart Dutch oven, heat 3 to 4 inches oil to 350°F.
- Meanwhile, sprinkle work surface with flour.
- Place 1 egg roll skin on work surface with 1 corner facing you. (Cover remaining skins with damp paper towel to prevent drying out.)

- Place about 2 rounded tablespoons chicken mixture slightly below center of egg roll skin. Fold corner of egg roll skin closest to filling over filling, tucking point under. Fold in and overlap right and left corners.
- Brush remaining corner with beaten egg; gently roll egg roll toward remaining corner and press to seal. (Cover filled egg roll with damp paper towel.) Repeat with remaining egg roll skins and chicken mixture.
- Fry egg rolls, a few at a time, in hot oil 4 to 6 minutes, turning once, until golden brown.
- Drain on paper towels.
- Place egg rolls on parsley-lined serving platter.
- Serve with blue cheese dressing.

Nutrition Facts



Properties

Glycemic Index:24.57, Glycemic Load:2.05, Inflammation Score:-8, Nutrition Score:12.323478330737%

Flavonoids

Apigenin: 1.29mg, Apigenin: 1.29mg, Apigenin: 1.29mg, Apigenin: 1.29mg Luteolin: 0.23mg, Luteolin: 0.23mg, Luteolin: 0.23mg, Luteolin: 0.23mg Kaempferol: 0.21mg, Kaempferol: 0.21mg, Kaempferol: 0.21mg, Kaempferol: 0.21mg Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg Quercetin: 1.17mg, Quercetin: 1.17mg, Quercetin: 1.17mg, Quercetin: 1.17mg

Nutrients (% of daily need)

Calories: 179.06kcal (8.95%), Fat: 10.58g (16.28%), Saturated Fat: 3.41g (21.33%), Carbohydrates: 5.26g (1.75%), Net Carbohydrates: 4.3g (1.56%), Sugar: 1.69g (1.88%), Cholesterol: 62.82mg (20.94%), Sodium: 623.03mg (27.09%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 15.22g (30.44%), Vitamin K: 47.61µg (45.34%), Vitamin A: 2135.81IU (42.72%), Vitamin B3: 6.44mg (32.18%), Selenium: 21.52µg (30.74%), Vitamin B6: 0.48mg (23.94%), Phosphorus: 180.58mg (18.06%), Vitamin B5: 1.13mg (11.3%), Potassium: 359.33mg (10.27%), Vitamin B2: 0.16mg (9.58%), Folate: 27.06µg (6.77%), Magnesium: 23.82mg (5.96%), Vitamin B1: 0.09mg (5.76%), Calcium: 55.85mg (5.58%), Vitamin C: 4.26mg (5.16%), Manganese: 0.1mg (5.12%), Vitamin E: 0.72mg (4.81%), Zinc: 0.66mg (4.43%), Iron: 0.72mg (4%), Vitamin B12: 0.23µg (3.87%), Fiber: 0.96g (3.84%), Copper: 0.06mg (2.92%), Vitamin D: 0.16µg (1.09%)