



Buffalo Chicken Fingers

READY IN



30 min.

SERVINGS



8

CALORIES



128 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 0.3 cup sauce of the chicken from the turbo broiler
- 1.3 cups panko bread crumbs plain crispy
- 0.5 teaspoon paprika
- 0.3 teaspoon salt
- 2 tablespoons butter melted
- 1 lb chicken breast boneless skinless ()
- 1 serving cheese dressing blue
- 1 sticks celery

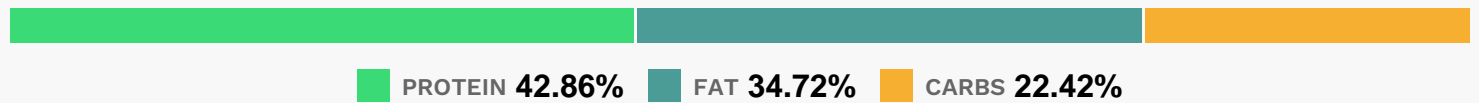
Equipment

- baking sheet
- oven
- aluminum foil

Directions

- Heat oven to 425°F. Line cookie sheet with foil; spray foil with cooking spray.
- In shallow dish, place buffalo wing sauce. In another shallow dish, mix bread crumbs, paprika, salt and butter. Dip chicken into wing sauce; coat evenly with bread crumb mixture.
- Place on cookie sheet.
- Bake uncovered 8 to 10 minutes or until chicken is no longer pink in center and coating is starting to brown.
- Serve chicken with dressing and celery sticks.

Nutrition Facts



Properties

Glycemic Index:5.88, Glycemic Load:0.03, Inflammation Score:-3, Nutrition Score:7.3043478882831%

Flavonoids

Apigenin: 0.14mg, Apigenin: 0.14mg, Apigenin: 0.14mg, Apigenin: 0.14mg Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg

Nutrients (% of daily need)

Calories: 128.01kcal (6.4%), Fat: 4.82g (7.41%), Saturated Fat: 1.03g (6.42%), Carbohydrates: 7g (2.33%), Net Carbohydrates: 6.45g (2.35%), Sugar: 0.66g (0.74%), Cholesterol: 36.29mg (12.1%), Sodium: 475.28mg (20.66%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 13.38g (26.76%), Vitamin B3: 6.57mg (32.83%), Selenium: 20.54µg (29.34%), Vitamin B6: 0.44mg (22.14%), Phosphorus: 137.04mg (13.7%), Vitamin B5: 0.88mg (8.78%), Vitamin B1: 0.13mg (8.59%), Potassium: 245.5mg (7.01%), Vitamin B2: 0.1mg (5.9%), Manganese: 0.1mg (5.1%), Magnesium: 19.66mg (4.92%), Vitamin A: 226.23IU (4.52%), Iron: 0.7mg (3.89%), Folate: 14.2µg (3.55%), Zinc: 0.48mg (3.18%), Vitamin B12: 0.15µg (2.5%), Calcium: 23.48mg (2.35%), Vitamin K: 2.3µg (2.19%), Fiber: 0.55g

(2.18%), Copper: 0.04mg (2.1%), Vitamin E: 0.27mg (1.83%), Vitamin C: 0.84mg (1.02%)