



Buffalo Chicken Meatballs

 Dairy Free

READY IN

ready

25 min.

SERVINGS

servings

6

CALORIES

calories

263 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 2 eggs
- ☐ 1 pound ground chicken
- ☐ 1 teaspoon hot sauce to taste redhot[®] such as Frank's
- ☐ 6 servings oil for frying
- ☐ 6 ounce chicken-flavored stuffing mix

Equipment

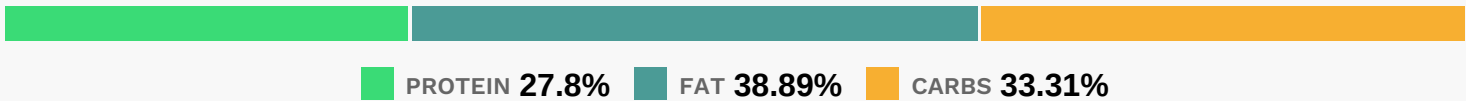
- ☐ bowl
- ☐ sauce pan

- ☐ potato masher
- ☐ kitchen thermometer
- ☐ rolling pin

Directions

- ☐ Heat oil in a deep-fryer or large saucepan to 350 degrees F (175 degrees C).
- ☐ Pour stuffing mix into a plastic resealable bag and crush into fine crumbs using a rolling pin. Mash crushed stuffing mix, chicken, 1/3 cup hot sauce, and eggs together in a large bowl using a potato masher until just combined. Form mixture into 1-inch meatballs.
- ☐ Fry meatballs in the hot oil until browned and cooked through, 10 to 15 minutes. An instant-read thermometer inserted into the center should read at least 165 degrees F (74 degrees C).
- ☐ Drizzle meatballs with about 1 teaspoon hot sauce.

Nutrition Facts



Properties

Glycemic Index:0, Glycemic Load:0, Inflammation Score:-3, Nutrition Score:11.386521754058%

Nutrients (% of daily need)

Calories: 263.33kcal (13.17%), Fat: 11.28g (17.36%), Saturated Fat: 2.64g (16.53%), Carbohydrates: 21.75g (7.25%), Net Carbohydrates: 20.84g (7.58%), Sugar: 2.41g (2.67%), Cholesterol: 119.86mg (39.95%), Sodium: 482.12mg (20.96%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 18.15g (36.31%), Selenium: 25.82µg (36.89%), Vitamin B3: 5.86mg (29.31%), Vitamin B6: 0.46mg (22.81%), Vitamin B2: 0.36mg (21.43%), Phosphorus: 203.65mg (20.37%), Vitamin B1: 0.26mg (17.16%), Potassium: 485.57mg (13.87%), Folate: 55.32µg (13.83%), Vitamin B5: 1.16mg (11.64%), Iron: 1.96mg (10.89%), Zinc: 1.56mg (10.43%), Vitamin B12: 0.56µg (9.33%), Manganese: 0.18mg (9.25%), Magnesium: 29.01mg (7.25%), Vitamin E: 0.96mg (6.38%), Copper: 0.13mg (6.37%), Calcium: 40.3mg (4.03%), Fiber: 0.91g (3.64%), Vitamin K: 2.97µg (2.83%), Vitamin D: 0.29µg (1.96%), Vitamin A: 80.85IU (1.62%)