



Buffalo Chicken Pot Stickers

 Dairy Free

READY IN



45 min.

SERVINGS



48

CALORIES



45 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 0.5 teaspoon pepper black freshly ground
- ☐ 0.5 cup green onions chopped
- ☐ 0.8 cup hot sauce buffalo-style
- ☐ 1 tablespoon olive oil
- ☐ 4 cups meat from a rotisserie chicken shredded cooked
- ☐ 0.3 cup water
- ☐ 48 wonton wrappers

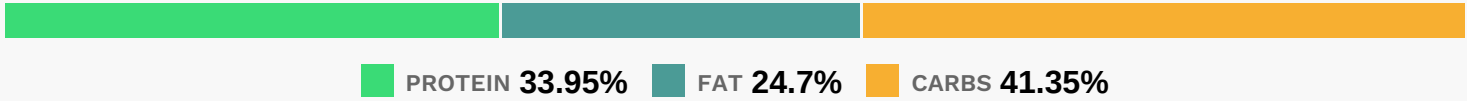
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ baking sheet
- ☐ baking paper
- ☐ oven

Directions

- ☐ Stir together chicken, hot sauce, green onions, and freshly ground black pepper in a medium bowl. Spoon 2 tsp. chicken mixture in center of each wonton wrapper. Moisten edges of each wonton with water; fold corners over mixture to form a triangle. Press edges to seal.
- ☐ Heat olive oil in a large nonstick skillet over medium heat. Cook wontons, 12 at a time, in hot oil 2 minutes or until golden. (Do not turn.)
- ☐ Add water; cover and cook 2 more minutes.
- ☐ Transfer to a parchment paper-lined baking sheet, and keep warm in a 200 oven until ready to serve.

Nutrition Facts



Properties

Glycemic Index:1.33, Glycemic Load:0.02, Inflammation Score:-1, Nutrition Score:2.072173928437%

Flavonoids

Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Quercetin: 0.11mg, Quercetin: 0.11mg, Quercetin: 0.11mg, Quercetin: 0.11mg

Nutrients (% of daily need)

Calories: 44.68kcal (2.23%), Fat: 1.19g (1.84%), Saturated Fat: 0.27g (1.71%), Carbohydrates: 4.5g (1.5%), Net Carbohydrates: 4.32g (1.57%), Sugar: 0.07g (0.08%), Cholesterol: 9.43mg (3.14%), Sodium: 151.02mg (6.57%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 3.69g (7.39%), Selenium: 4.99µg (7.13%), Vitamin B3: 1.34mg (6.71%), Vitamin C: 3mg (3.64%), Vitamin B1: 0.05mg (3.21%), Phosphorus: 29.31mg (2.93%), Vitamin B2: 0.05mg (2.91%), Vitamin B6: 0.06mg (2.83%), Manganese: 0.06mg (2.8%), Iron: 0.43mg (2.39%), Vitamin K: 2.46µg (2.34%), Folate: 7.93µg (1.98%), Zinc: 0.24mg (1.59%), Vitamin B5: 0.12mg (1.2%), Potassium: 41.42mg (1.18%), Magnesium: 4.4mg (1.1%), Copper: 0.02mg (1.01%)