



Buffalo Chicken Salad

 Gluten Free

READY IN



46 min.

SERVINGS



4

CALORIES



287 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 0.3 cup cheese blue crumbled
- 0.3 cup lowfat buttermilk
- 2 carrots grated
- 4 celery stalks thinly sliced
- 0.3 cup yogurt plain fat-free
- 2 tablespoons cayenne pepper hot sauce plus more to taste (or other hot sauce)
- 2 tablespoons mayonnaise
- 2 teaspoons olive oil

- 2 hearts romaine cut into 1-inch strips (8 cups)
- 4 servings salt and pepper freshly ground
- 2 scallions green sliced
- 16 ounce chicken breast halves boneless skinless
- 0.5 teaspoon sugar
- 1 tablespoon vinegar white

Equipment

- bowl
- baking sheet
- paper towels
- whisk
- broiler

Directions

- Watch how to make this recipe.
- Preheat the broiler.
- Put the chicken between 2 sheets of waxed paper and pound with a mallet or hammer so the chicken is an even thickness of about 3/4-inch, then cut the chicken crosswise into 1/2-inch strips. In a large bowl, combine the hot sauce and the oil, add chicken and toss until the chicken is well coated. Arrange the chicken on a baking sheet and broil until it is cooked through, about 4 to 6 minutes, turning once.
- In a large bowl combine the Romaine, celery, shredded carrots and scallions. Toss with the dressing. Divide the greens between 4 plates, top with the chicken.
- Serve with extra hot sauce.
- Fold a full sheet of paper towel into quarters and put it into a small bowl. Spoon the yogurt onto the paper towel and place in the refrigerator for 20 minutes to drain and thicken. In a medium bowl, whisk the buttermilk and thickened yogurt into the mayonnaise until smooth.
- Add the vinegar and sugar and continue to whisk until all the ingredients are well combined. Stir in the blue cheese and season, to taste, with salt and pepper.

Nutrition Facts

PROTEIN 40.91% FAT 45.89% CARBS 13.2%

Properties

Glycemic Index:92.73, Glycemic Load:1.98, Inflammation Score:-10, Nutrition Score:26.170869537022%

Flavonoids

Apigenin: 0.12mg, Apigenin: 0.12mg, Apigenin: 0.12mg, Apigenin: 0.12mg Luteolin: 0.11mg, Luteolin: 0.11mg, Luteolin: 0.11mg, Luteolin: 0.11mg Kaempferol: 0.17mg, Kaempferol: 0.17mg, Kaempferol: 0.17mg, Kaempferol: 0.17mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 1.96mg, Quercetin: 1.96mg, Quercetin: 1.96mg, Quercetin: 1.96mg

Nutrients (% of daily need)

Calories: 287.33kcal (14.37%), Fat: 14.62g (22.49%), Saturated Fat: 4.26g (26.63%), Carbohydrates: 9.47g (3.16%), Net Carbohydrates: 6.53g (2.37%), Sugar: 5.07g (5.64%), Cholesterol: 85.91mg (28.64%), Sodium: 557.3mg (24.23%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 29.32g (58.65%), Vitamin A: 11284.74IU (225.69%), Vitamin K: 90.72µg (86.4%), Vitamin B3: 12.71mg (63.57%), Selenium: 39.74µg (56.77%), Vitamin B6: 1.03mg (51.69%), Phosphorus: 358.22mg (35.82%), Folate: 102.09µg (25.52%), Potassium: 823.68mg (23.53%), Vitamin B5: 2.16mg (21.55%), Vitamin B2: 0.31mg (17.94%), Calcium: 152.07mg (15.21%), Magnesium: 53.61mg (13.4%), Vitamin E: 1.84mg (12.24%), Fiber: 2.94g (11.76%), Vitamin B1: 0.16mg (10.94%), Manganese: 0.22mg (10.88%), Vitamin C: 8.72mg (10.57%), Zinc: 1.47mg (9.78%), Vitamin B12: 0.53µg (8.91%), Iron: 1.43mg (7.96%), Copper: 0.1mg (4.97%), Vitamin D: 0.38µg (2.52%)