



Buffalo Chicken Salad



Vegetarian



Gluten Free

READY IN



18 min.

SERVINGS



4

CALORIES



286 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 0.5 cup cheese crumbles blue
- ☐ 2 tablespoons butter
- ☐ 1 cup carrots shredded
- ☐ 2 ribs celery with greens, chopped
- ☐ 0.3 cup hot sauce
- ☐ 0.5 cup ranch dressing
- ☐ 2 hearts romaine lettuce chopped
- ☐ 4 servings salt and pepper black

☐ 1 tablespoon vegetable oil

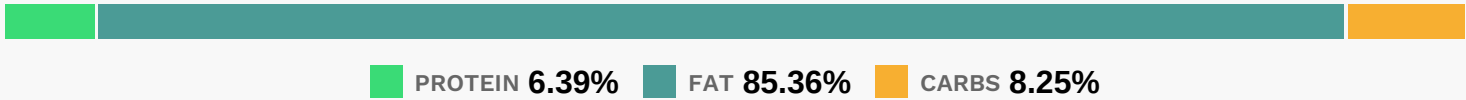
Equipment

- ☐ bowl
- ☐ frying pan

Directions

- ☐ Watch how to make this recipe.
- ☐ Preheat a skillet over medium-high heat.
- ☐ Combine lettuce, carrots and celery in a salad bowl.
- ☐ Combine ranch dressing and blue cheese crumbles in a small bowl.
- ☐ Add oil and butter to hot pan with the chicken. Season with salt and pepper and sear for 2 or 3 minutes, then add hot sauce. Reduce heat a little and cook 5 minutes more.
- ☐ Toss salad with dressing and season with salt and pepper. Top salad with Buffalo chicken and serve.

Nutrition Facts



Properties

Glycemic Index:30.96, Glycemic Load:1.12, Inflammation Score:-10, Nutrition Score:12.496956529825%

Flavonoids

Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.38mg, Quercetin: 0.38mg, Quercetin: 0.38mg, Quercetin: 0.38mg

Nutrients (% of daily need)

Calories: 286.04kcal (14.3%), Fat: 27.44g (42.22%), Saturated Fat: 9.38g (58.65%), Carbohydrates: 5.97g (1.99%), Net Carbohydrates: 4.74g (1.72%), Sugar: 3.37g (3.74%), Cholesterol: 35.51mg (11.84%), Sodium: 1122.94mg (48.82%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 4.62g (9.24%), Vitamin A: 6910.39IU (138.21%), Vitamin K: 66.28µg (63.13%), Vitamin C: 13.78mg (16.71%), Phosphorus: 140.03mg (14%), Calcium: 115.75mg (11.57%), Vitamin E: 1.4mg (9.31%), Folate: 33.69µg (8.42%), Vitamin B2: 0.13mg (7.85%), Vitamin B5: 0.66mg (6.63%), Potassium: 223.56mg (6.39%), Vitamin B6: 0.12mg (5.78%), Selenium: 3.66µg (5.22%), Fiber: 1.24g (4.94%),

Manganese: 0.09mg (4.51%), Vitamin B12: 0.27µg (4.48%), Zinc: 0.63mg (4.22%), Vitamin B1: 0.05mg (3.1%),
Magnesium: 12.13mg (3.03%), Vitamin B3: 0.59mg (2.95%), Iron: 0.45mg (2.52%), Copper: 0.04mg (1.91%)