



Buffalo Chicken Salad

READY IN



40 min.

SERVINGS



4

CALORIES



500 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 2 tablespoons cheese blue crumbled
- ☐ 5 teaspoons butter melted
- ☐ 2 tablespoons canola oil
- ☐ 0.8 cup matchstick-cut carrot
- ☐ 0.5 cup thinly celery diagonally sliced
- ☐ 1 large eggs lightly beaten
- ☐ 1.3 cups flour all-purpose
- ☐ 0.3 cup hot sauce
- ☐ 0.4 teaspoon kosher salt

- ☐ 3 tablespoons buttermilk low-fat
- ☐ 0.5 cup milk 2% reduced-fat
- ☐ 2 tablespoons canola mayonnaise
- ☐ 6 cups torn romaine lettuce
- ☐ 1 pound chicken breasts boneless skinless cut into 12 strips

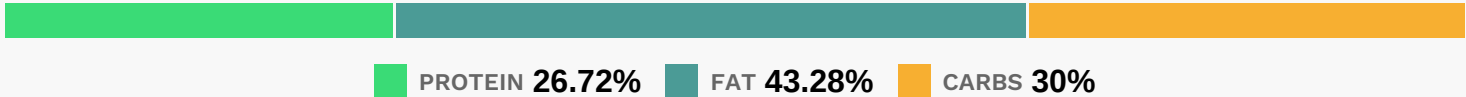
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ paper towels
- ☐ whisk
- ☐ slotted spoon

Directions

- ☐ Place flour in a shallow dish.
- ☐ Combine milk and egg in a shallow dish, stirring well.
- ☐ Sprinkle chicken evenly with salt.
- ☐ Heat a large skillet over medium-high heat.
- ☐ Add oil to pan; swirl to coat. Dredge chicken in flour; dip in egg mixture. Dredge in flour again, shaking off excess.
- ☐ Add chicken to pan; saut 3 minutes on each side or until done.
- ☐ Remove chicken from pan using a slotted spoon; drain on paper towels.
- ☐ Combine hot sauce and butter in a medium bowl, stirring with a whisk.
- ☐ Add chicken to hot sauce mixture, tossing to coat evenly.
- ☐ Cut chicken into slices.
- ☐ Combine lettuce, carrot, and celery in a large bowl.
- ☐ Combine buttermilk and remaining ingredients, stirring well. Arrange about 1 1/2 cups salad on each of 4 plates; divide chicken strips among salads.
- ☐ Drizzle dressing evenly over salads.

Nutrition Facts



Properties

Glycemic Index:70.21, Glycemic Load:22.43, Inflammation Score:-10, Nutrition Score:32.410434764364%

Flavonoids

Apigenin: 0.36mg, Apigenin: 0.36mg, Apigenin: 0.36mg, Apigenin: 0.36mg Luteolin: 0.19mg, Luteolin: 0.19mg, Luteolin: 0.19mg, Luteolin: 0.19mg Kaempferol: 0.1mg, Kaempferol: 0.1mg, Kaempferol: 0.1mg, Kaempferol: 0.1mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 1.65mg, Quercetin: 1.65mg, Quercetin: 1.65mg, Quercetin: 1.65mg

Nutrients (% of daily need)

Calories: 500.48kcal (25.02%), Fat: 23.87g (36.72%), Saturated Fat: 6.79g (42.43%), Carbohydrates: 37.24g (12.41%), Net Carbohydrates: 33.78g (12.28%), Sugar: 4.58g (5.09%), Cholesterol: 140.89mg (46.96%), Sodium: 952.24mg (41.4%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 33.15g (66.31%), Vitamin A: 10555.31IU (211.11%), Vitamin K: 96.86µg (92.25%), Selenium: 55.42µg (79.17%), Vitamin B3: 14.75mg (73.75%), Vitamin B6: 1.03mg (51.38%), Folate: 191.62µg (47.9%), Phosphorus: 392.97mg (39.3%), Vitamin B1: 0.48mg (31.75%), Vitamin B2: 0.53mg (31.35%), Potassium: 854.17mg (24.4%), Vitamin B5: 2.41mg (24.07%), Manganese: 0.46mg (22.83%), Vitamin C: 17.38mg (21.07%), Iron: 3.34mg (18.58%), Vitamin E: 2.3mg (15.3%), Magnesium: 59.95mg (14.99%), Fiber: 3.45g (13.82%), Calcium: 125.09mg (12.51%), Zinc: 1.64mg (10.96%), Vitamin B12: 0.58µg (9.68%), Copper: 0.16mg (7.75%), Vitamin D: 0.39µg (2.63%)