



Buffalo Chicken Skewers

READY IN



21 min.

SERVINGS



15

CALORIES



185 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 4 ounces cheese blue crumbled
- ☐ 1 tablespoon ground pepper
- ☐ 1 sticks celery
- ☐ 0.5 cup flour all-purpose
- ☐ 0.5 cup sauce of the chicken from the turbo broiler hot
- ☐ 0.3 cup mayonnaise light
- ☐ 0.8 cup cream sour reduced-fat
- ☐ 0.3 teaspoon red wine vinegar
- ☐ 15 servings salt and pepper

- ☐ 1.5 pounds chicken breast boneless skinless cut into 40 1-inch cubes
- ☐ 1 tablespoon sugar
- ☐ 4 tablespoons butter unsalted
- ☐ 0.3 cup vegetable oil
- ☐ 0.5 teaspoon vinegar white
- ☐ 0.3 teaspoon worcestershire sauce

Equipment

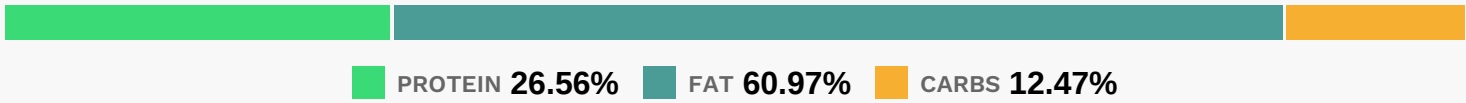
- ☐ food processor
- ☐ bowl
- ☐ frying pan
- ☐ paper towels
- ☐ microwave
- ☐ skewers

Directions

- ☐ Make dip: Pulse sour cream, mayonnaise, blue cheese, Worcestershire sauce and vinegar in a food processor until mixture has blended into a chunky sauce. Season with salt and pepper. Cover and chill until ready to use. (Dip can be made up to 2 days ahead.)
- ☐ Make chicken: Stir butter, hot wing sauce, sugar and vinegar in a pan over medium-low heat until butter has melted.
- ☐ Remove from heat. In a large ziplock bag, mix cayenne, 1 tsp. pepper, 2 tsp. salt and flour.
- ☐ Add half of chicken and toss until well coated.
- ☐ In a large skillet, warm half of oil over medium-high heat.
- ☐ Remove chicken from bag, shaking off excess coating.
- ☐ Add to skillet and cook, turning on all sides, until chicken is crispy and no longer pink in the middle, about 6minutes.
- ☐ Drain on paper towels. Wipe out skillet and repeat, tossing remaining chicken in coating and cooking in remaining oil.
- ☐ Rewarm hot sauce mixture in a pan or microwave.

- ☐
- Pour over chicken in a large bowl; toss well to coat. Thread 2 pieces of chicken onto 20 small skewers.
- ☐
- Serve with dip and carrots and celery, if desired.

Nutrition Facts



Properties

Glycemic Index:19.07, Glycemic Load:2.95, Inflammation Score:-3, Nutrition Score:7.0899999659994%

Flavonoids

Apigenin: 0.08mg, Apigenin: 0.08mg, Apigenin: 0.08mg, Apigenin: 0.08mg Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

Nutrients (% of daily need)

Calories: 184.57kcal (9.23%), Fat: 12.44g (19.13%), Saturated Fat: 5.09g (31.82%), Carbohydrates: 5.72g (1.91%), Net Carbohydrates: 5.47g (1.99%), Sugar: 1.13g (1.26%), Cholesterol: 47.55mg (15.85%), Sodium: 633.38mg (27.54%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 12.19g (24.38%), Vitamin B3: 5.1mg (25.51%), Selenium: 17.59µg (25.13%), Vitamin B6: 0.37mg (18.34%), Phosphorus: 140.51mg (14.05%), Vitamin K: 11.01µg (10.48%), Vitamin B5: 0.81mg (8.09%), Vitamin A: 356.54IU (7.13%), Vitamin B2: 0.11mg (6.75%), Potassium: 233mg (6.66%), Calcium: 62.03mg (6.2%), Vitamin E: 0.74mg (4.94%), Vitamin B1: 0.07mg (4.72%), Magnesium: 16.6mg (4.15%), Vitamin B12: 0.24µg (3.96%), Zinc: 0.57mg (3.8%), Folate: 15.06µg (3.76%), Iron: 0.44mg (2.45%), Manganese: 0.05mg (2.32%), Copper: 0.03mg (1.36%), Vitamin C: 1mg (1.21%), Vitamin D: 0.16µg (1.08%)