



## Buffalo Chicken Sliders

READY IN



22 min.

SERVINGS



6

CALORIES



739 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

### Ingredients

- 1 pinch pepper black freshly ground
- 0.5 cup cheese blue crumbled
- 0.3 cup celery chopped
- 0.5 pound chicken breasts tenders boneless
- 3 eggs
- 0.3 teaspoon ground pepper black
- 0.5 cup hot sauce
- 12 lettuce leaves
- 1 cup mayonnaise

- 6 servings vegetable oil; peanut oil preferred for frying
- 0.3 teaspoon salt
- 1 pinch salt
- 2 cups self-rising flour
- 12 slider buns
- 12 slices tomatoes
- 2 tablespoons vinegar white

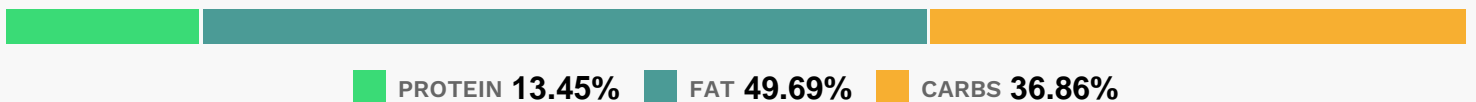
## Equipment

- bowl
- pot

## Directions

- In a medium bowl, combine the mayonnaise, blue cheese, celery, vinegar, salt, and pepper in a medium-sized bowl. Cover and refrigerate until ready to serve.
- In a deep-fryer or heavy-bottomed pot, heat enough peanut oil to come halfway up the sides of the pot, to 350 degrees F.
- In a medium-size bowl, beat the eggs with the hot sauce. Season the chicken with salt and pepper, to taste. Dip the chicken in the egg mixture and then coat in flour. Fry the chicken for 6 to 8 minutes.
- Toss the chicken into the blue cheese sauce. Put 1 piece of chicken on the bottom half of each bun. Top with tomato and lettuce, if desired. Cover with the bun tops and serve immediately.

## Nutrition Facts



## Properties

Glycemic Index:54.67, Glycemic Load:20.35, Inflammation Score:-10, Nutrition Score:23.003913153773%

## Flavonoids

Naringenin: 0.37mg, Naringenin: 0.37mg, Naringenin: 0.37mg, Naringenin: 0.37mg Apigenin: 0.16mg, Apigenin: 0.16mg, Apigenin: 0.16mg, Apigenin: 0.16mg Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg Quercetin: 0.34mg, Quercetin: 0.34mg, Quercetin: 0.34mg, Quercetin: 0.34mg

## **Nutrients (% of daily need)**

Calories: 739.42kcal (36.97%), Fat: 40.43g (62.2%), Saturated Fat: 7.98g (49.87%), Carbohydrates: 67.46g (22.49%), Net Carbohydrates: 62.64g (22.78%), Sugar: 7.68g (8.53%), Cholesterol: 130.15mg (43.38%), Sodium: 1095.07mg (47.61%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 24.63g (49.26%), Vitamin A: 4302.96IU (86.06%), Vitamin K: 67.96µg (64.73%), Selenium: 38.22µg (54.61%), Vitamin C: 31.63mg (38.33%), Manganese: 0.58mg (29.13%), Vitamin B3: 5.07mg (25.37%), Phosphorus: 245.53mg (24.55%), Vitamin B6: 0.48mg (24.23%), Iron: 3.48mg (19.31%), Fiber: 4.82g (19.29%), Vitamin E: 2.64mg (17.58%), Vitamin B2: 0.29mg (17.14%), Calcium: 159.2mg (15.92%), Folate: 61.1µg (15.27%), Potassium: 514.1mg (14.69%), Vitamin B5: 1.4mg (14.02%), Vitamin B1: 0.15mg (9.99%), Magnesium: 39.87mg (9.97%), Zinc: 1.43mg (9.55%), Copper: 0.15mg (7.73%), Vitamin B12: 0.45µg (7.56%), Vitamin D: 0.61µg (4.06%)