

Buffalo Chicken Sloppy Joes

READY IN



35 min.

SERVINGS



8

CALORIES



541 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 0.5 cup cheese blue crumbled
- 2 tablespoons brown sugar
- 0.3 cup sauce of the chicken from the turbo broiler hot to taste (such as Frank's® REDHOT Buffalo Wing Sauce)
- 0.8 cup chicken stock see
- 1 tablespoon garlic minced to taste
- 2 pounds ground chicken
- 8 servings pepper black to taste
- 8 hawaiian rolls split

- 6 ounces neufchatel cheese softened
- 2 tablespoons olive oil extra virgin extra-virgin
- 1 onion chopped
- 2 tablespoons red wine vinegar
- 8 ounces cheddar cheese shredded to taste
- 1 tablespoon worcestershire sauce

Equipment

- bowl
- frying pan

Directions

- Heat the olive oil in a large skillet over medium-high heat and stir in the ground chicken. Cook and stir until the chicken is crumbly, evenly browned, and no longer pink. Stir in the onion, garlic, salt and black pepper; cook until the onion has softened, about 7 to 8 minutes.
- Combine chicken stock, Buffalo wing sauce, red wine vinegar, brown sugar, and Worcestershire sauce in a bowl.
- Pour into the skillet with the chicken and add the Neufchatel and Cheddar cheese; simmer and stir until the cheeses have melted and everything is well combined.
- Serve on buns, and top with crumbled blue cheese.

Nutrition Facts



Properties

Glycemic Index:29, Glycemic Load:13.71, Inflammation Score:-5, Nutrition Score:19.597826382388%

Flavonoids

Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 2.81mg, Quercetin: 2.81mg, Quercetin: 2.81mg, Quercetin: 2.81mg

Nutrients (% of daily need)

Calories: 541.4kcal (27.07%), Fat: 31.56g (48.56%), Saturated Fat: 13.27g (82.97%), Carbohydrates: 29.08g (9.69%), Net Carbohydrates: 28.02g (10.19%), Sugar: 8.02g (8.91%), Cholesterol: 148.61mg (49.54%), Sodium: 925.61mg (40.24%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 35.13g (70.26%), Selenium: 33.9µg (48.43%), Phosphorus: 450.56mg (45.06%), Vitamin B3: 8.66mg (43.31%), Vitamin B2: 0.62mg (36.36%), Calcium: 349.7mg (34.97%), Vitamin B6: 0.69mg (34.71%), Vitamin B1: 0.39mg (26.02%), Zinc: 3.49mg (23.29%), Potassium: 791.67mg (22.62%), Vitamin B12: 1.19µg (19.8%), Vitamin B5: 1.65mg (16.52%), Manganese: 0.31mg (15.64%), Iron: 2.78mg (15.43%), Folate: 57.51µg (14.38%), Magnesium: 48.82mg (12.2%), Vitamin A: 530.95IU (10.62%), Vitamin E: 1.26mg (8.39%), Copper: 0.17mg (8.35%), Vitamin K: 6.62µg (6.31%), Fiber: 1.05g (4.22%), Vitamin C: 2.23mg (2.7%), Vitamin D: 0.21µg (1.42%)