



Buffalo Chicken Wing Sliders

 Dairy Free

READY IN



25 min.

SERVINGS



12

CALORIES



215 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 0.3 cup wing sauce hot
- 1 cup bread crumbs dry
- 1 eggs
- 1 pound ground chicken
- 12 slider-size burger buns
- 0.5 cup warm water or as needed

Equipment

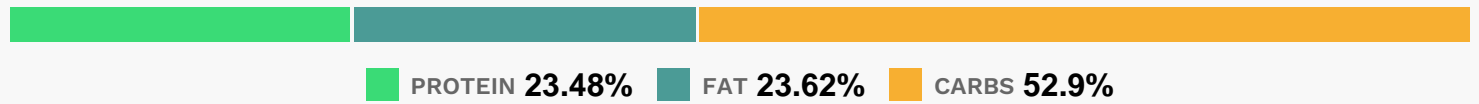
- bowl

frying pan

Directions

- Mix ground chicken, bread crumbs, egg, and wing sauce together in a large bowl.
- Add enough water to the chicken mixture so it is a little sticky; shape into patties about 3 inches in diameter.
- Heat a large skillet over medium-high heat. Cook patties in hot skillet until burgers are hot and no longer pink in the middle, about 4 minutes per side.
- Serve on buns.

Nutrition Facts



Properties

Glycemic Index:5.17, Glycemic Load:12.88, Inflammation Score:-2, Nutrition Score:9.2486955432788%

Nutrients (% of daily need)

Calories: 214.82kcal (10.74%), Fat: 5.57g (8.57%), Saturated Fat: 1.45g (9.09%), Carbohydrates: 28.06g (9.35%), Net Carbohydrates: 26.88g (9.78%), Sugar: 3.7g (4.11%), Cholesterol: 46.15mg (15.38%), Sodium: 459.98mg (20%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 12.46g (24.91%), Selenium: 18.95µg (27.06%), Vitamin B1: 0.36mg (24.21%), Vitamin B3: 4.5mg (22.52%), Manganese: 0.33mg (16.38%), Vitamin B2: 0.27mg (15.99%), Phosphorus: 132.82mg (13.28%), Folate: 52.15µg (13.04%), Iron: 2.28mg (12.69%), Vitamin B6: 0.24mg (11.89%), Calcium: 83.01mg (8.3%), Potassium: 272.47mg (7.78%), Zinc: 1.05mg (6.99%), Vitamin B12: 0.36µg (6.03%), Magnesium: 22.24mg (5.56%), Vitamin B5: 0.52mg (5.19%), Copper: 0.1mg (4.93%), Fiber: 1.18g (4.72%), Vitamin K: 2.97µg (2.83%), Vitamin E: 0.26mg (1.76%)