



## Buffalo Jack Chicken

 Gluten Free

READY IN



45 min.

SERVINGS



4

CALORIES



420 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- 1.5 cups chicken wing sauce hot
- 4 slices pepper jack cheese
- 1 bell pepper red seeded sliced into strips
- 4 chicken breast halves boneless skinless
- 1 bell pepper yellow seeded sliced into strips

### Equipment

- oven
- baking pan

## Directions

- Preheat the oven to 350 degrees F (175 degrees C). While the oven is preheating, place the chicken breasts in a shallow baking dish. Cover with hot wing sauce, and allow to marinate at room temperature until the oven is hot.
- Bake the chicken in the sauce for 20 minutes. Open the oven, and place the red and yellow bell pepper strips on top of the chicken.
- Place slices of cheese over the peppers and chicken.
- Bake for an additional 15 minutes. The chicken juices should run clear, and the center no longer pink.

## Nutrition Facts

**PROTEIN 44.68%** **FAT 51.61%** **CARBS 3.71%**

## Properties

Glycemic Index:14.75, Glycemic Load:0.41, Inflammation Score:-8, Nutrition Score:25.137825965881%

## Flavonoids

Luteolin: 0.48mg, Luteolin: 0.48mg, Luteolin: 0.48mg, Luteolin: 0.48mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg Quercetin: 0.38mg, Quercetin: 0.38mg, Quercetin: 0.38mg, Quercetin: 0.38mg

## Nutrients (% of daily need)

Calories: 419.88kcal (20.99%), Fat: 23.61g (36.32%), Saturated Fat: 8.65g (54.08%), Carbohydrates: 3.82g (1.27%), Net Carbohydrates: 2.92g (1.06%), Sugar: 1.35g (1.51%), Cholesterol: 159.32mg (53.11%), Sodium: 323.63mg (14.07%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 45.99g (91.98%), Vitamin C: 94.65mg (114.73%), Vitamin B3: 17.62mg (88.1%), Selenium: 53.08µg (75.82%), Vitamin B6: 1.31mg (65.5%), Phosphorus: 462.53mg (46.25%), Vitamin A: 1316.78IU (26.34%), Vitamin B5: 2.48mg (24.78%), Potassium: 699.36mg (19.98%), Vitamin B2: 0.31mg (17.98%), Calcium: 178.31mg (17.83%), Zinc: 2.59mg (17.27%), Magnesium: 58.16mg (14.54%), Vitamin B12: 0.68µg (11.4%), Vitamin B1: 0.14mg (9.5%), Iron: 1.68mg (9.32%), Folate: 33.27µg (8.32%), Vitamin E: 1.01mg (6.7%), Copper: 0.11mg (5.52%), Manganese: 0.1mg (5.17%), Fiber: 0.89g (3.57%), Vitamin D: 0.33µg (2.18%), Vitamin K: 2.21µg (2.1%)