



Buffalo-Seasoned Chicken Fingers With Blue Cheese Dipping Sauce

 Gluten Free

READY IN



100 min.

SERVINGS



4

CALORIES



477 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.8 cup cheese blue crumbled
- ☐ 5 tablespoons buttermilk
- ☐ 28 ounce chicken breast frozen
- ☐ 0.3 cup hot sauce buffalo-style
- ☐ 1 teaspoon juice of lemon fresh
- ☐ 0.3 cup mayonnaise
- ☐ 0.3 teaspoon pepper freshly ground

- ☐ 4 servings pepper fresh
- ☐ 0.3 cup cream light sour

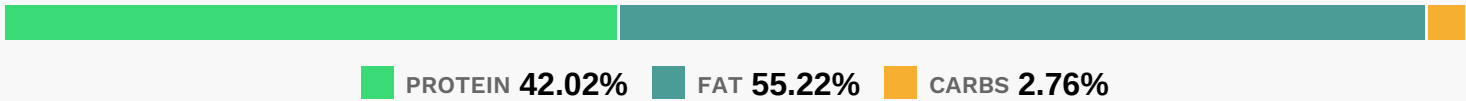
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ wire rack

Directions

- ☐ Stir together first 5 ingredients in a small bowl. Stir in blue cheese. Cover and chill 1 hour.
- ☐ Prepare chicken breast strips according to package directions, baking on a lightly greased wire rack in a jelly-roll pan.
- ☐ Place chicken in a large bowl; add hot sauce, and toss to coat.
- ☐ Serve immediately with blue cheese dipping sauce.
- ☐ Garnish, if desired.
- ☐ *HELLMANN'S Light or Best Foods Light Mayonnaise may be substituted.

Nutrition Facts



Properties

Glycemic Index:43, Glycemic Load:0.52, Inflammation Score:-5, Nutrition Score:25.081304434849%

Flavonoids

Eriodictyol: 0.06mg, Eriodictyol: 0.06mg, Eriodictyol: 0.06mg, Eriodictyol: 0.06mg Hesperetin: 0.18mg, Hesperetin: 0.18mg, Hesperetin: 0.18mg, Hesperetin: 0.18mg Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg

Nutrients (% of daily need)

Calories: 476.73kcal (23.84%), Fat: 28.6g (43.99%), Saturated Fat: 9.36g (58.51%), Carbohydrates: 3.21g (1.07%), Net Carbohydrates: 3.09g (1.13%), Sugar: 1.46g (1.63%), Cholesterol: 160.92mg (53.64%), Sodium: 1200.1mg (52.18%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 48.96g (97.92%), Vitamin B3: 21.04mg (105.19%), Selenium: 68.75µg (98.22%), Vitamin B6: 1.57mg (78.61%), Phosphorus: 547.42mg (54.74%), Vitamin B5: 3.4mg

(33.96%), Vitamin K: 32.41µg (30.86%), Potassium: 891.65mg (25.48%), Vitamin C: 17.95mg (21.76%), Vitamin B2: 0.37mg (21.48%), Calcium: 189.57mg (18.96%), Magnesium: 62.38mg (15.59%), Vitamin B12: 0.87µg (14.58%), Zinc: 2.02mg (13.47%), Vitamin B1: 0.16mg (10.57%), Vitamin E: 1.14mg (7.58%), Vitamin A: 376.59IU (7.53%), Folate: 21.99µg (5.5%), Iron: 0.99mg (5.48%), Vitamin D: 0.63µg (4.23%), Copper: 0.08mg (4.15%), Manganese: 0.07mg (3.64%)