



Buffalo-Style Grilled Chicken

 Gluten Free

READY IN



140 min.

SERVINGS



4

CALORIES



200 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 0.3 cup sauce of the chicken from the turbo broiler
- 2 teaspoons canola oil
- 0.5 teaspoon garlic powder
- 0.1 teaspoon salt
- 4 chicken breast boneless skinless
- 0.5 cup cheese dressing blue
- 2 tablespoons cheese blue crumbled
- 1 tablespoon cream sour reduced-fat

- 4 medium stalks celery

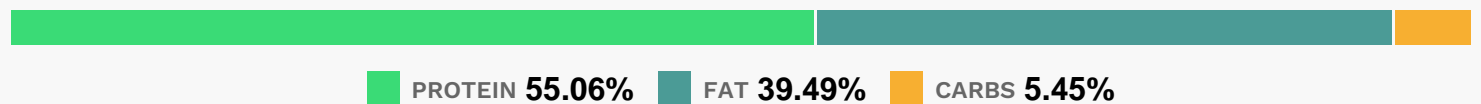
Equipment

- bowl
- grill
- ziploc bags

Directions

- In heavy-duty resealable food-storage plastic bag, stir pepper sauce, oil, garlic powder and salt.
- Add chicken, turning to coat with marinade; seal bag. Refrigerate at least 2 hours but no longer than 24 hours.
- Heat gas or charcoal grill. Carefully brush grill rack with canola oil.
- Remove chicken from bag.
- Place chicken on grill over medium-high heat. Cover grill; cook 10 to 12 minutes, turning after 5 minutes, until juice of chicken is clear when center of thickest part is cut (170°F).
- Meanwhile, in small bowl, mix dressing, blue cheese and sour cream.
- Place grilled chicken on platter; serve with celery and dressing mixture.

Nutrition Facts



Properties

Glycemic Index:16, Glycemic Load:0.21, Inflammation Score:-4, Nutrition Score:13.565652139809%

Flavonoids

Apigenin: 1.14mg, Apigenin: 1.14mg, Apigenin: 1.14mg, Apigenin: 1.14mg Luteolin: 0.42mg, Luteolin: 0.42mg, Luteolin: 0.42mg, Luteolin: 0.42mg Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg Quercetin: 0.16mg, Quercetin: 0.16mg, Quercetin: 0.16mg, Quercetin: 0.16mg

Nutrients (% of daily need)

Calories: 200.1kcal (10%), Fat: 8.52g (13.12%), Saturated Fat: 2.45g (15.3%), Carbohydrates: 2.64g (0.88%), Net Carbohydrates: 1.97g (0.72%), Sugar: 1.43g (1.59%), Cholesterol: 76.3mg (25.43%), Sodium: 1179.48mg (51.28%),

Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 26.74g (53.49%), Vitamin B3: 11.97mg (59.85%), Selenium: 37.5µg (53.57%), Vitamin B6: 0.89mg (44.74%), Phosphorus: 289.55mg (28.95%), Vitamin B5: 1.77mg (17.72%), Potassium: 543.44mg (15.53%), Vitamin K: 15.13µg (14.41%), Vitamin B2: 0.18mg (10.82%), Magnesium: 37.32mg (9.33%), Calcium: 71.96mg (7.2%), Vitamin B1: 0.09mg (6.05%), Zinc: 0.9mg (6.02%), Vitamin B12: 0.35µg (5.86%), Folate: 21.6µg (5.4%), Vitamin E: 0.77mg (5.13%), Vitamin A: 250.96IU (5.02%), Iron: 0.69mg (3.81%), Vitamin C: 2.72mg (3.3%), Manganese: 0.06mg (3.12%), Fiber: 0.67g (2.69%), Copper: 0.05mg (2.58%)