



Buffalo-Style Slow-Cooker Chicken Drumettes

 Gluten Free  Dairy Free

READY IN



370 min.

SERVINGS



10

CALORIES



371 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 1 cup original barbecue sauce kraft
- 4 lb chicken drumettes
- 2 green onions thinly sliced
- 0.3 cup pepper sauce hot
- 1 cup classic ranch dressing kraft

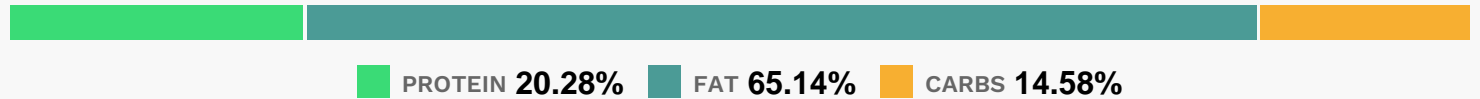
Equipment

- slotted spoon
- slow cooker

Directions

- Combine first 3 ingredients in slow cooker; cover with lid. Cook on LOW 6 to 7 hours (or on HIGH 4 to 5 hours).
- Use slotted spoon to transfer drumettes to platter. Discard sauce remaining in slow cooker.
- Sprinkle drumettes with onions.
- Serve with dressing for dipping.

Nutrition Facts



Properties

Glycemic Index:3.2, Glycemic Load:0.04, Inflammation Score:-3, Nutrition Score:9.4286958575249%

Flavonoids

Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg Quercetin: 0.26mg, Quercetin: 0.26mg, Quercetin: 0.26mg

Nutrients (% of daily need)

Calories: 371.33kcal (18.57%), Fat: 26.53g (40.82%), Saturated Fat: 6.08g (37.98%), Carbohydrates: 13.37g (4.46%), Net Carbohydrates: 13.03g (4.74%), Sugar: 10.75g (11.95%), Cholesterol: 81.68mg (27.23%), Sodium: 741.31mg (32.23%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 18.58g (37.17%), Vitamin K: 37.79µg (35.99%), Vitamin B3: 6.02mg (30.09%), Selenium: 16.41µg (23.45%), Vitamin B6: 0.38mg (19.12%), Phosphorus: 181.24mg (18.12%), Vitamin B5: 1mg (9.97%), Zinc: 1.41mg (9.39%), Vitamin B2: 0.13mg (7.64%), Vitamin E: 1.08mg (7.17%), Potassium: 249.82mg (7.14%), Vitamin C: 5.8mg (7.03%), Iron: 1.25mg (6.95%), Vitamin B12: 0.35µg (5.91%), Magnesium: 23.33mg (5.83%), Vitamin A: 250.86IU (5.02%), Vitamin B1: 0.06mg (4.05%), Manganese: 0.07mg (3.53%), Copper: 0.07mg (3.45%), Calcium: 30.12mg (3.01%), Folate: 7.35µg (1.84%), Fiber: 0.34g (1.35%)