



## Buffalo Tenders



Gluten Free



Low Fod Map

READY IN



45 min.

SERVINGS



6

CALORIES



435 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

## Ingredients

- ☐ 0.5 cup butter melted
- ☐ 28 ounce chicken strips crispy
- ☐ 0.5 teaspoon basil dried
- ☐ 0.5 cup hot sauce
- ☐ 1.4 ounce salad dressing mix italian divided
- ☐ 2 tablespoons juice of lemon
- ☐ 6 servings ranch dressing

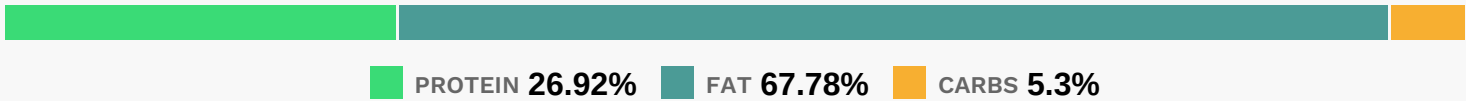
## Equipment

- ☐ oven
- ☐ ziploc bags
- ☐ broiler pan

## Directions

- ☐ Place 1 package salad dressing mix in a large zip-top plastic bag; add chicken strips, and shake to coat.
- ☐ Place tenders on a lightly greased rack in a broiler pan.
- ☐ Bake at 400 for 15 minutes or until browned.
- ☐ Stir together remaining package of salad dressing mix, butter, and next 3 ingredients.
- ☐ Pour sauce over tenders, and bake at 400 for 5 more minutes.
- ☐ Serve with Ranch dressing.
- ☐ Buffalo Tender Salad: Toss together romaine and iceberg lettuces, tomato wedges, sliced cucumber, and chopped onion. Top with Buffalo Tenders and croutons, and drizzle with Ranch or blue cheese dressing.

## Nutrition Facts



## Properties

Glycemic Index:8.33, Glycemic Load:0.01, Inflammation Score:-5, Nutrition Score:17.102173849292%

## Flavonoids

Eriodictyol: 0.24mg, Eriodictyol: 0.24mg, Eriodictyol: 0.24mg, Eriodictyol: 0.24mg Hesperetin: 0.72mg, Hesperetin: 0.72mg, Hesperetin: 0.72mg, Hesperetin: 0.72mg Naringenin: 0.07mg, Naringenin: 0.07mg, Naringenin: 0.07mg, Naringenin: 0.07mg Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg

## Nutrients (% of daily need)

Calories: 434.69kcal (21.73%), Fat: 32.21g (49.55%), Saturated Fat: 12.58g (78.6%), Carbohydrates: 5.66g (1.89%), Net Carbohydrates: 5.56g (2.02%), Sugar: 1.8g (2%), Cholesterol: 133.14mg (44.38%), Sodium: 1767.09mg (76.83%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 28.78g (57.56%), Vitamin B3: 13.88mg (69.41%), Selenium: 43.58µg (62.26%), Vitamin B6: 1.04mg (51.76%), Vitamin K: 43.7µg (41.62%), Phosphorus: 340.99mg (34.1%), Vitamin C: 18.48mg (22.4%), Vitamin B5: 2.17mg (21.75%), Potassium: 549.38mg (15.7%), Vitamin A: 557.14IU (11.14%), Vitamin B2: 0.18mg (10.76%), Magnesium: 38.17mg (9.54%), Vitamin E: 1.4mg (9.31%), Vitamin B1: 0.1mg (6.57%),

Vitamin B12: 0.35µg (5.8%), Zinc: 0.87mg (5.77%), Iron: 0.76mg (4.21%), Manganese: 0.05mg (2.55%), Copper: 0.05mg (2.48%), Folate: 9.52µg (2.38%), Calcium: 23.32mg (2.33%), Vitamin D: 0.16µg (1.08%)