



Buffalo Wing-Style Chicken Salad

 Gluten Free

READY IN



10 min.

SERVINGS



4

CALORIES



311 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.3 cup mayonnaise
- ☐ 0.3 cup sauce of the chicken from the turbo broiler
- ☐ 3 cups chicken breast strips/pre-cooked/chopped cubed cooked
- ☐ 0.3 cup cheese crumbles blue
- ☐ 2 stalks celery diced

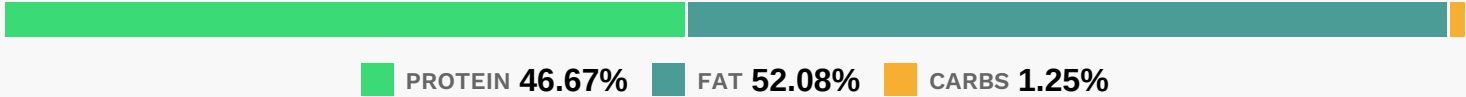
Equipment

- ☐ bowl
- ☐ whisk

Directions

- ☐ In small bowl, beat mayonnaise and Buffalo wing sauce with whisk; set aside.
- ☐ In medium bowl, toss chicken, blue cheese and celery.
- ☐ Drizzle with sauce mixture. Toss to evenly distribute.
- ☐ Serve immediately, or cover and refrigerate until ready to eat.

Nutrition Facts



Properties

Glycemic Index:27.25, Glycemic Load:0.2, Inflammation Score:-3, Nutrition Score:13.484347706256%

Flavonoids

Apigenin: 0.57mg, Apigenin: 0.57mg, Apigenin: 0.57mg, Apigenin: 0.57mg Luteolin: 0.21mg, Luteolin: 0.21mg, Luteolin: 0.21mg, Luteolin: 0.21mg Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg Quercetin: 0.08mg, Quercetin: 0.08mg, Quercetin: 0.08mg, Quercetin: 0.08mg

Nutrients (% of daily need)

Calories: 310.96kcal (15.55%), Fat: 17.48g (26.9%), Saturated Fat: 4.81g (30.07%), Carbohydrates: 0.94g (0.31%), Net Carbohydrates: 0.62g (0.22%), Sugar: 0.4g (0.45%), Cholesterol: 103.57mg (34.52%), Sodium: 771.88mg (33.56%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 35.25g (70.5%), Vitamin B3: 14.58mg (72.88%), Selenium: 31.01µg (44.3%), Vitamin B6: 0.66mg (33.23%), Phosphorus: 290.68mg (29.07%), Vitamin K: 29.26µg (27.87%), Vitamin B5: 1.28mg (12.81%), Vitamin B2: 0.18mg (10.4%), Potassium: 352.4mg (10.07%), Zinc: 1.4mg (9.31%), Magnesium: 35.38mg (8.84%), Vitamin B12: 0.51µg (8.52%), Calcium: 84.27mg (8.43%), Iron: 1.2mg (6.65%), Vitamin E: 0.82mg (5.5%), Vitamin B1: 0.08mg (5.49%), Vitamin A: 206.79IU (4.14%), Folate: 16.15µg (4.04%), Copper: 0.07mg (3.28%), Manganese: 0.04mg (2.02%), Fiber: 0.32g (1.28%), Vitamin D: 0.19µg (1.26%)