



Crispy Wild Buffalo Sub

READY IN



30 min.

SERVINGS



30

CALORIES



68 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 1 Tbsp buffalo wing sauce
- 3 stalks celery thin
- 6 big pepper jack cheese kraft
- 0.3 cup mayo reduced fat mayonnaise light kraft
- 1.5 lb chicken breasts boneless skinless
- 6 submarine rolls split
- 1 pkt. shake 'n bake extra seasoned coating mix crispy
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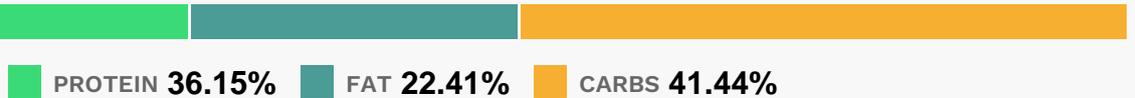
Equipment

- baking sheet
- oven
- aluminum foil

Directions

- Heat oven to 400F.
- Cover baking sheet with foil; spray with cooking spray. Coat chicken with coating mix as directed on package; place prepared baking sheet.
- Bake 20 min. or until done (165F). Top with cheese; bake 2 min. or until melted.
- Mix mayo and wing sauce until blended; spread onto cut sides of rolls. Fill with chicken and celery.

Nutrition Facts



Properties

Glycemic Index:4.4, Glycemic Load:4.61, Inflammation Score:-1, Nutrition Score:2.9495652279128%

Flavonoids

Apigenin: 0.11mg, Apigenin: 0.11mg, Apigenin: 0.11mg, Apigenin: 0.11mg Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg

Nutrients (% of daily need)

Calories: 67.73kcal (3.39%), Fat: 1.65g (2.53%), Saturated Fat: 0.25g (1.59%), Carbohydrates: 6.85g (2.28%), Net Carbohydrates: 6.58g (2.39%), Sugar: 1.01g (1.12%), Cholesterol: 15.09mg (5.03%), Sodium: 125.13mg (5.44%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 5.98g (11.96%), Iron: 2.23mg (12.37%), Vitamin B3: 2.38mg (11.89%), Selenium: 7.37µg (10.52%), Vitamin B6: 0.17mg (8.65%), Phosphorus: 49.85mg (4.98%), Vitamin B5: 0.33mg (3.35%), Potassium: 95.25mg (2.72%), Vitamin K: 2.56µg (2.44%), Magnesium: 6.44mg (1.61%), Vitamin B2: 0.03mg (1.51%), Fiber: 0.28g (1.11%), Vitamin B1: 0.02mg (1.04%)