



Fried Buffalo Chicken Rolls

READY IN



45 min.

SERVINGS



12

CALORIES



230 kcal

Ingredients

- 0.8 cup cheese blue crumbled
- 12 servings cheese dressing blue
- 12 servings canola oil
- 0.8 cup coleslaw mix shredded (without dressing)
- 12 egg roll wrappers
- 1 egg whites lightly beaten
- 0.3 cup ground pepper (such as Frank's RedHot Original Cayenne Pepper Sauce)
- 1 cup chicken shredded cooked

Equipment

dutch oven

Directions

Stir together chicken and hot sauce.

Place egg roll wrappers onto a work surface with 1 corner pointing toward you (like a diamond). Spoon 1 Tbsp. each shredded coleslaw mix (without dressing), chicken mixture, and crumbled blue cheese in centers of wrappers. Fold bottom corners of wrappers over filling. Fold in left and right corners. Moisten top corners with lightly beaten egg white; tightly roll up.

Pour canola oil to depth of 3 inches into a heavy Dutch oven; heat to 35

Fry rolls, in 2 batches, 3 minutes; drain.

Serve with blue cheese dressing.

Nutrition Facts



PROTEIN 11.81% **FAT 69.86%** **CARBS 18.33%**

Properties

Glycemic Index:8.58, Glycemic Load:0.58, Inflammation Score:-8, Nutrition Score:8.8386957036412%

Flavonoids

Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

Nutrients (% of daily need)

Calories: 229.92kcal (11.5%), Fat: 18.32g (28.19%), Saturated Fat: 3.04g (19.01%), Carbohydrates: 10.82g (3.61%), Net Carbohydrates: 9.13g (3.32%), Sugar: 0.74g (0.82%), Cholesterol: 16.26mg (5.42%), Sodium: 195.95mg (8.52%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 6.97g (13.94%), Vitamin A: 2126.22IU (42.52%), Vitamin E: 3.95mg (26.34%), Vitamin K: 17.52µg (16.69%), Selenium: 8.72µg (12.46%), Vitamin B3: 2.15mg (10.76%), Vitamin B6: 0.19mg (9.61%), Manganese: 0.19mg (9.58%), Vitamin B2: 0.16mg (9.27%), Phosphorus: 82.37mg (8.24%), Fiber: 1.68g (6.74%), Vitamin C: 5.37mg (6.51%), Vitamin B1: 0.1mg (6.42%), Calcium: 62.17mg (6.22%), Iron: 1.02mg (5.65%), Folate: 22.04µg (5.51%), Potassium: 169.81mg (4.85%), Zinc: 0.63mg (4.18%), Magnesium: 15.35mg (3.84%), Vitamin B5: 0.28mg (2.77%), Copper: 0.05mg (2.45%), Vitamin B12: 0.14µg (2.4%)