



## Garlic-Buffalo Drumettes

 Gluten Free

READY IN



35 min.

SERVINGS



4

CALORIES



444 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- 0.3 cup cheese blue crumbled
- 0.3 cup canola oil
- 20 chicken drumettes
- 2 tablespoons chives fresh minced
- 3 tablespoons garlic minced
- 0.1 teaspoon ground pepper red
- 3 tablespoons pepper sauce hot (such as Frank's)

### Equipment

- bowl
- frying pan
- sauce pan
- slotted spoon
- dutch oven

## Directions

- Add water to a Dutch oven to a depth of 1 inch; bring to a simmer.
- Place chicken in a vegetable steamer.
- Place steamer in pan over water; cover. Reduce heat to medium-low. Steam, covered, 10 minutes.
- Remove chicken from steamer; cool. Pat dry.
- Heat a large skillet over medium-high heat.
- Add oil; swirl to coat.
- Add chicken to pan; saut 5 minutes, turning to brown on all sides.
- Add garlic and chives to pan; saut 30 seconds, stirring constantly.
- Remove pan from heat; transfer chicken mixture to a large bowl using a slotted spoon.
- Combine pepper sauce and ground red pepper.
- Drizzle pepper mixture over chicken; toss to coat.
- Sprinkle with cheese.
- Variation 1: Sticky Chile Drumettes Prepare Garlic-Buffalo Drumettes through step 2, omitting garlic and chives and adding 1/3 cup chopped green onions and 1 tablespoon minced peeled fresh ginger instead.
- Combine 3 tablespoons Thai sweet chili sauce (such as Mae Ploy), 1 1/2 tablespoons Sriracha (hot chile sauce, such as Huy Fong), 2 teaspoons rice vinegar, and 2 teaspoons fish sauce, stirring well.
- Drizzle chili mixture over chicken; toss. SERVES 4 (serving size: 5 drumettes) CALORIES 272; FAT 2g (sat 4g); SODIUM 520mg
- Variation 2: Mango-Serrano Drumettes Prepare Garlic-Buffalo Drumettes through step 2, omitting garlic and chives and adding 1/3 cup chopped fresh cilantro and 2 thinly sliced serrano chiles instead. Bring 1 (6-ounce) can mango nectar to a boil in a small saucepan over

medium heat. Simmer 15 minutes or until reduced to 1/4 cup, stirring occasionally. Stir in 2 tablespoons fresh lime juice and 1/2 teaspoon kosher salt.

Drizzle mango mixture over chicken mixture; toss. SERVES 4 (serving size: 5 drumettes)  
CALORIES 297; FAT 2g (sat 4g); SODIUM 415mg

## Nutrition Facts

**PROTEIN 22.81%** **FAT 74.9%** **CARBS 2.29%**

### Properties

Glycemic Index:33.5, Glycemic Load:0.65, Inflammation Score:-4, Nutrition Score:11.47478262497%

### Flavonoids

Isorhamnetin: 0.1mg, Isorhamnetin: 0.1mg, Isorhamnetin: 0.1mg, Isorhamnetin: 0.1mg Kaempferol: 0.17mg, Kaempferol: 0.17mg, Kaempferol: 0.17mg, Kaempferol: 0.17mg Myricetin: 0.1mg, Myricetin: 0.1mg, Myricetin: 0.1mg, Myricetin: 0.1mg Quercetin: 0.18mg, Quercetin: 0.18mg, Quercetin: 0.18mg, Quercetin: 0.18mg

### Nutrients (% of daily need)

Calories: 443.86kcal (22.19%), Fat: 36.72g (56.49%), Saturated Fat: 8.59g (53.7%), Carbohydrates: 2.52g (0.84%), Net Carbohydrates: 2.31g (0.84%), Sugar: 0.27g (0.3%), Cholesterol: 101.99mg (34%), Sodium: 476.85mg (20.73%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 25.17g (50.33%), Vitamin B3: 7.4mg (36.98%), Selenium: 21.33µg (30.48%), Vitamin B6: 0.54mg (26.86%), Phosphorus: 215.22mg (21.52%), Vitamin E: 2.88mg (19.21%), Zinc: 2.01mg (13.37%), Vitamin C: 10.93mg (13.25%), Vitamin K: 13.83µg (13.17%), Vitamin B5: 1.18mg (11.77%), Vitamin B2: 0.17mg (9.81%), Vitamin B12: 0.53µg (8.77%), Calcium: 87.09mg (8.71%), Iron: 1.37mg (7.59%), Potassium: 262.14mg (7.49%), Vitamin A: 372.08IU (7.44%), Magnesium: 27.17mg (6.79%), Manganese: 0.13mg (6.74%), Vitamin B1: 0.08mg (5.23%), Copper: 0.08mg (3.88%), Folate: 11.32µg (2.83%), Vitamin D: 0.18µg (1.19%)