



Grilled Buffalo Chicken Sliders

 Gluten Free

READY IN



155 min.

SERVINGS



8

CALORIES



128 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 1 ounce cheese blue crumbled
- 4 ounces carrots (2 medium carrots)
- 4 ounces celery stalks (2 medium celery stalks)
- 1 tablespoon sauce of the chicken from the turbo broiler
- 1 medium spring onion light white green thinly sliced (and parts only)
- 1 pound chicken thighs boneless skinless cut in half crosswise
- 0.3 cup cream sour
- 2 tablespoons butter unsalted cooled melted ()

Equipment

- bowl
- grill
- aluminum foil
- ziploc bags
- grill pan
- box grater

Directions

- Place the hot sauce and butter in a medium resealable plastic bag and stir to combine.
- Add the chicken and seal the bag, pressing out any excess air. Turn the bag to coat the chicken evenly.
- Heat a grill pan or outdoor grill to medium high (about 375°F to 425°F). Meanwhile, make the slaw. Peel the carrots and grate them on the large holes of a box grater; transfer to a large bowl. Halve the celery stalks lengthwise, very thinly slice them crosswise, and add to the bowl.
- Add the sour cream, blue cheese, hot sauce, and scallion and stir to combine. Set aside while you grill the chicken. When the grill is ready, remove the chicken from the marinade, letting any excess drip off, and discard the marinade.
- Place the chicken on the grill and close the grill. Cook, flipping the chicken after about 4 minutes. Continue cooking until cooked through, about 3 to 4 minutes more.
- Remove to a clean plate and tent with foil.
- Place the buns cut-side down on the grill and toast until grill marks appear on the bottom, about 1 to 2 minutes. To assemble, place 1 piece of chicken on each bottom bun. Divide the slaw over the chicken, and close with the top buns.

Nutrition Facts

 **PROTEIN 38.35%**  **FAT 54.28%**  **CARBS 7.37%**

Properties

Glycemic Index:17.23, Glycemic Load:0.56, Inflammation Score:-9, Nutrition Score:8.6504348762657%

Flavonoids

Apigenin: 0.4mg, Apigenin: 0.4mg, Apigenin: 0.4mg, Apigenin: 0.4mg Luteolin: 0.16mg, Luteolin: 0.16mg, Luteolin: 0.16mg, Luteolin: 0.16mg Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.29mg, Quercetin: 0.29mg, Quercetin: 0.29mg, Quercetin: 0.29mg

Nutrients (% of daily need)

Calories: 127.7kcal (6.39%), Fat: 7.64g (11.76%), Saturated Fat: 3.78g (23.63%), Carbohydrates: 2.33g (0.78%), Net Carbohydrates: 1.66g (0.6%), Sugar: 1.17g (1.3%), Cholesterol: 68.29mg (22.76%), Sodium: 172.74mg (7.51%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 12.15g (24.3%), Vitamin A: 2623.26IU (52.47%), Selenium: 13.71µg (19.59%), Vitamin B3: 3.41mg (17.03%), Vitamin B6: 0.29mg (14.62%), Phosphorus: 135.1mg (13.51%), Vitamin K: 11.99µg (11.42%), Vitamin B2: 0.14mg (8.53%), Vitamin B5: 0.84mg (8.45%), Vitamin B12: 0.43µg (7.12%), Potassium: 245.2mg (7.01%), Zinc: 1.04mg (6.95%), Magnesium: 18.28mg (4.57%), Vitamin B1: 0.07mg (4.47%), Calcium: 43.61mg (4.36%), Folate: 13.08µg (3.27%), Iron: 0.57mg (3.16%), Fiber: 0.67g (2.69%), Manganese: 0.05mg (2.41%), Vitamin E: 0.36mg (2.41%), Copper: 0.05mg (2.4%), Vitamin C: 1.69mg (2.05%)