



## Grilled Buffalo Chicken Sticks

 Gluten Free

READY IN



60 min.

SERVINGS



10

CALORIES



110 kcal

SIDE DISH

### Ingredients

- ☐ 2 tablespoons butter melted
- ☐ 0.3 cup ground pepper red
- ☐ 1 tablespoon honey
- ☐ 0.5 teaspoon celery seed
- ☐ 0.5 teaspoon salt
- ☐ 1 lb chicken breast (not breaded)
- ☐ 0.5 cup cheese dressing blue

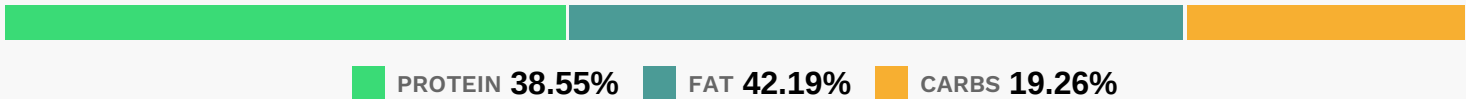
### Equipment

- ☐ bowl
- ☐ grill
- ☐ skewers
- ☐ wooden skewers

## Directions

- ☐ In medium bowl, mix butter, pepper sauce, honey, celery seed and salt.
- ☐ Remove 2 tablespoons sauce mixture; set aside.
- ☐ Add chicken to remaining sauce mixture; stir to coat. Cover and refrigerate at least 30 minutes but no longer than 2 hours.
- ☐ Meanwhile, soak ten 10- to 12-inch wooden skewers in water 30 minutes.
- ☐ Brush grill rack with vegetable oil.
- ☐ Heat coals or gas grill for direct heat.
- ☐ Remove chicken from marinade; discard marinade. Thread each chicken tender on a skewer.
- ☐ Cover and grill chicken over medium heat 8 to 10 minutes, turning once and brushing frequently with reserved sauce mixture, until no longer pink in center. Discard any remaining sauce mixture.
- ☐ Serve chicken with blue cheese dressing.

## Nutrition Facts



## Properties

Glycemic Index:8.43, Glycemic Load:1.46, Inflammation Score:-9, Nutrition Score:9.5973912296088%

## Flavonoids

Apigenin: 0.08mg, Apigenin: 0.08mg, Apigenin: 0.08mg, Apigenin: 0.08mg Luteolin: 0.76mg, Luteolin: 0.76mg, Luteolin: 0.76mg, Luteolin: 0.76mg

## Nutrients (% of daily need)

Calories: 109.55kcal (5.48%), Fat: 5.36g (8.24%), Saturated Fat: 1.24g (7.72%), Carbohydrates: 5.5g (1.83%), Net Carbohydrates: 3.88g (1.41%), Sugar: 2.68g (2.98%), Cholesterol: 29.15mg (9.72%), Sodium: 312.34mg (13.58%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 11.01g (22.03%), Vitamin A: 2575.29IU (51.51%), Vitamin B3:

5.26mg (26.29%), Vitamin B6: 0.49mg (24.44%), Selenium: 15.26µg (21.8%), Vitamin E: 1.97mg (13.13%), Phosphorus: 124.03mg (12.4%), Potassium: 291.26mg (8.32%), Manganese: 0.13mg (6.73%), Vitamin B2: 0.11mg (6.71%), Vitamin B5: 0.65mg (6.5%), Fiber: 1.62g (6.5%), Vitamin C: 5.13mg (6.22%), Magnesium: 22.21mg (5.55%), Vitamin K: 5.5µg (5.24%), Iron: 0.75mg (4.14%), Vitamin B1: 0.05mg (3.43%), Zinc: 0.45mg (3.01%), Calcium: 24.73mg (2.47%), Folate: 8.53µg (2.13%), Vitamin B12: 0.12µg (2.03%), Copper: 0.04mg (1.89%)