



## H-O-T Hot Boneless Buffalo Wings

 Dairy Free

READY IN



30 min.

SERVINGS



2

CALORIES



227 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- 0.3 cup high-fiber bran cereal twigs (recommended: Fiber One Original)
- 1 sticks carrot as optional accompaniment
- 1 Dash cayenne pepper
- 3 tablespoons frank's redhot original cayenne pepper sauce
- 1 Dash garlic powder
- 1 Dash onion powder
- 1 Dash pepper black
- 1 ounce potato chips light fat-free bbq-flavored (recommended: Pringles Barbecue Potato Crisps)

- 1 Dash salt
- 8 ounces chicken breast raw boneless skinless lean cut into 10 nuggets

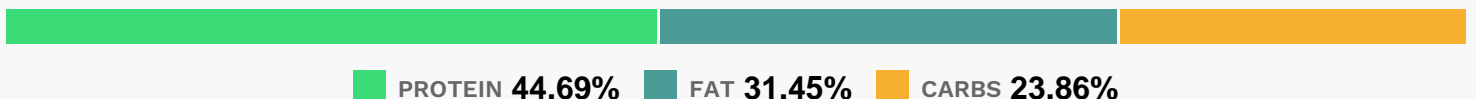
## Equipment

- food processor
- bowl
- baking sheet
- oven
- blender
- baking pan

## Directions

- Preheat the oven to 375 degrees F.
- Spray a baking sheet (or baking pan) with nonstick spray and set aside.
- Using a blender or food processor, grind cereal to a breadcrumb-like consistency.
- Transfer to a small bowl and set aside.
- Crush potato chips in a sealed bag, and then add to the bowl of cereal crumbs.
- Add spices and mix well.
- Place chicken pieces in a separate bowl, cover with hot sauce, and toss to coat.
- Give each chicken piece a shake so it's not dripping with sauce, and then coat evenly with crumb mixture.
- Lay crumb-covered nuggets on the baking sheet.
- Bake in the oven for 10 minutes.
- Flip nuggets over and bake until outsides are crispy and chicken is cooked throughout, about 10 more minutes.
- Serve with carrot sticks, if using. Enjoy!

## Nutrition Facts



## Properties

Glycemic Index:80.25, Glycemic Load:1.58, Inflammation Score:-6, Nutrition Score:22.453478512557%

## Nutrients (% of daily need)

Calories: 227.12kcal (11.36%), Fat: 8.15g (12.54%), Saturated Fat: 1.21g (7.59%), Carbohydrates: 13.92g (4.64%), Net Carbohydrates: 11.09g (4.03%), Sugar: 1.33g (1.47%), Cholesterol: 72.57mg (24.19%), Sodium: 936.23mg (40.71%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 26.07g (52.14%), Vitamin B6: 1.86mg (93.05%), Vitamin B3: 13.66mg (68.3%), Selenium: 37.46µg (53.52%), Phosphorus: 351.17mg (35.12%), Manganese: 0.7mg (35.03%), Vitamin B12: 1.68µg (28.06%), Folate: 110.67µg (27.67%), Vitamin B5: 2.32mg (23.2%), Vitamin B2: 0.34mg (19.84%), Potassium: 677.52mg (19.36%), Vitamin B1: 0.28mg (18.78%), Magnesium: 67.29mg (16.82%), Vitamin E: 1.8mg (12.02%), Zinc: 1.8mg (11.99%), Fiber: 2.83g (11.32%), Iron: 2mg (11.1%), Vitamin C: 6.16mg (7.46%), Copper: 0.15mg (7.43%), Vitamin A: 274.02IU (5.48%), Calcium: 41.23mg (4.12%), Vitamin K: 3.97µg (3.78%), Vitamin D: 0.45µg (2.98%)