



Hot Buffalo Chicken Sandwiches

READY IN



22 min.

SERVINGS



4

CALORIES



755 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 0.5 pound cheese blue crumbled
- 2 tablespoons butter
- 2 large carrots peeled cut into sticks
- 8 ribs celery cut into sticks
- 1 teaspoon chili powder
- 4 crusty rolls split
- 4 servings drizzle olive oil extra-virgin
- 1 leaf lettuce leaves
- 4 servings onion red thinly sliced

- 4 servings salt and pepper
- 4 scallions thinly sliced
- 2 cups cup heavy whipping cream sour
- 1 teaspoon paprika sweet
- 4 pieces each boneless skinless
- 0.5 cup ounces red hot


Equipment

- bowl
- frying pan
- oven
- grill

Directions

- Heat a large nonstick skillet over medium high heat. Season chicken with salt, pepper, paprika and chili powder.
- Drizzle breast with a little extra virgin olive oil to coat. Pan grill chicken breasts 5 minutes on each side.
- Heat a metal or oven safe glass bowl over low heat and melt butter in the bowl.
- Add hot sauce to the butter and combine. When the chicken breasts are done, remove from pan and add to the bowl and coat evenly with hot sauce mixture.
- Place chicken breasts on bun bottoms and top with crisp lettuce.
- Combine sour cream, scallions and blue cheese and slather bun tops with blue cheese sour cream. Affix bun tops on sandwiches and serve with remaining sauce for dipping your veggies. Arrange Buffalo Chicken Sandwiches on dinner plates with red onion, celery and carrot sticks.

Nutrition Facts



PROTEIN 10.51% **FAT 70.96%** **CARBS 18.53%**

Properties

Glycemic Index:57.46, Glycemic Load:2.07, Inflammation Score:-10, Nutrition Score:25.713478145392%

Flavonoids

Apigenin: 2.29mg, Apigenin: 2.29mg, Apigenin: 2.29mg, Apigenin: 2.29mg Luteolin: 0.9mg, Luteolin: 0.9mg, Luteolin: 0.9mg, Luteolin: 0.9mg Isorhamnetin: 0.05mg, Isorhamnetin: 0.05mg, Isorhamnetin: 0.05mg, Isorhamnetin: 0.05mg Kaempferol: 0.43mg, Kaempferol: 0.43mg, Kaempferol: 0.43mg, Kaempferol: 0.43mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 1.87mg, Quercetin: 1.87mg, Quercetin: 1.87mg, Quercetin: 1.87mg

Nutrients (% of daily need)

Calories: 755.11kcal (37.76%), Fat: 60.52g (93.1%), Saturated Fat: 28.24g (176.5%), Carbohydrates: 35.57g (11.86%), Net Carbohydrates: 31.22g (11.35%), Sugar: 7.53g (8.37%), Cholesterol: 126.06mg (42.02%), Sodium: 2193.96mg (95.39%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 20.17g (40.33%), Vitamin A: 8230.34IU (164.61%), Vitamin K: 66.75µg (63.57%), Calcium: 512.28mg (51.23%), Phosphorus: 386.4mg (38.64%), Vitamin B2: 0.63mg (37.04%), Selenium: 25.43µg (36.33%), Folate: 120.14µg (30.04%), Vitamin E: 3.74mg (24.97%), Manganese: 0.43mg (21.52%), Vitamin B1: 0.32mg (21.07%), Potassium: 722.89mg (20.65%), Vitamin B5: 1.91mg (19.05%), Fiber: 4.34g (17.38%), Vitamin B3: 3.45mg (17.23%), Zinc: 2.57mg (17.13%), Vitamin B12: 0.95µg (15.79%), Vitamin B6: 0.3mg (15.23%), Magnesium: 50.83mg (12.71%), Iron: 2.15mg (11.94%), Vitamin C: 8.03mg (9.74%), Copper: 0.17mg (8.25%), Vitamin D: 0.28µg (1.9%)