



## Impossibly Easy Mini Buffalo Chicken Pies

 Gluten Free

READY IN



45 min.

SERVINGS



12

CALORIES



152 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

### Ingredients

- 6 tablespoons butter melted
- 0.5 cup sauce of the chicken from the turbo broiler
- 0.3 teaspoon lawry's seasoned salt
- 0.3 teaspoon pepper
- 1.5 cups chicken shredded cooked chopped
- 4 oz sharp cheddar cheese shredded
- 2 tablespoons cheese dressing blue
- 0.5 cup milk

- 2 eggs
- 0.3 cup cheese crumbles blue
- 4 medium spring onion chopped
- 1 bunch cilantro leaves fresh chopped
- 0.5 cup frangelico

## Equipment

- bowl
- frying pan
- oven
- knife
- whisk
- wire rack
- toothpicks
- muffin liners

## Directions

- Heat oven to 375°F. Spray 12 regular-size muffin cups with cooking spray.
- In small bowl, mix melted butter, hot sauce, seasoned salt and pepper to make Buffalo sauce.
- In medium bowl, mix shredded chicken, Cheddar cheese and ranch dressing.
- Pour about half to three-fourths of the Buffalo sauce (reserving remaining for serving) into chicken mixture.
- Mix until combined.
- In medium bowl, stir together Batter ingredients with whisk or fork until blended. Spoon 1 tablespoon batter into each muffin cup. Top with about 1/4 cup chicken mixture. Spoon 1 tablespoon batter over chicken mixture in each muffin cup.
- Bake about 30 minutes or until toothpick inserted in center comes out clean and tops are golden brown. Cool 5 minutes. With knife, loosen sides of pies from pan and remove.
- Place top sides up on cooling rack. Cool 5 minutes longer, then transfer pies to serving tray.

Top each with blue cheese, chopped green onion, chopped cilantro and a drizzle of reserved Buffalo sauce.

Serve warm.

## Nutrition Facts

**PROTEIN 23.48%** **FAT 72.99%** **CARBS 3.53%**

### Properties

Glycemic Index:19.83, Glycemic Load:0.35, Inflammation Score:-3, Nutrition Score:5.1730435257373%

### Flavonoids

Kaempferol: 0.07mg, Kaempferol: 0.07mg, Kaempferol: 0.07mg, Kaempferol: 0.07mg Quercetin: 0.89mg, Quercetin: 0.89mg, Quercetin: 0.89mg, Quercetin: 0.89mg

### Nutrients (% of daily need)

Calories: 152.13kcal (7.61%), Fat: 12.34g (18.99%), Saturated Fat: 6.92g (43.22%), Carbohydrates: 1.34g (0.45%), Net Carbohydrates: 1.18g (0.43%), Sugar: 0.76g (0.85%), Cholesterol: 68.96mg (22.99%), Sodium: 556.98mg (24.22%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 8.94g (17.87%), Selenium: 10.12µg (14.45%), Vitamin K: 13.48µg (12.84%), Phosphorus: 122.17mg (12.22%), Calcium: 113.49mg (11.35%), Vitamin A: 456.61IU (9.13%), Vitamin B2: 0.14mg (8.19%), Vitamin B3: 1.48mg (7.38%), Zinc: 0.88mg (5.9%), Vitamin B12: 0.33µg (5.57%), Vitamin B6: 0.11mg (5.4%), Vitamin B5: 0.44mg (4.4%), Potassium: 101.96mg (2.91%), Folate: 11.56µg (2.89%), Magnesium: 10.75mg (2.69%), Iron: 0.47mg (2.62%), Vitamin E: 0.38mg (2.5%), Vitamin D: 0.33µg (2.23%), Vitamin B1: 0.03mg (1.83%), Vitamin C: 1.13mg (1.37%), Copper: 0.03mg (1.32%), Manganese: 0.02mg (1.15%)