



Impossibly Easy Mini Buffalo Chicken Pies

 Gluten Free

READY IN



45 min.

SERVINGS



12

CALORIES



153 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 0.3 cup cheese crumbles blue
- ☐ 2 tablespoons cheese dressing blue
- ☐ 6 tablespoons butter melted
- ☐ 2 eggs
- ☐ 1 bunch cilantro leaves fresh chopped
- ☐ 4 medium spring onion chopped
- ☐ 0.5 cup milk
- ☐ 0.3 teaspoon pepper

- ☐ 0.5 cup hot sauce
- ☐ 0.3 teaspoon lawry's seasoned salt
- ☐ 4 oz sharp cheddar cheese shredded
- ☐ 1.5 cups chicken shredded cooked chopped
- ☐ 0.5 cup frangelico
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Equipment

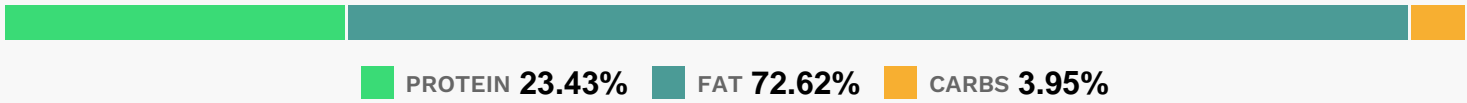
- ☐ bowl
- ☐ frying pan
- ☐ oven
- ☐ knife
- ☐ whisk
- ☐ wire rack
- ☐ toothpicks
- ☐ muffin liners

Directions

- ☐ Heat oven to 375F. 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



Properties

Glycemic Index:19.83, Glycemic Load:0.35, Inflammation Score:-4, Nutrition Score:5.7452174217805%

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: 153.23kcal (7.66%), Fat: 12.38g (19.05%), Saturated Fat: 6.92g (43.26%), Carbohydrates: 1.52g (0.51%), Net Carbohydrates: 1.33g (0.48%), Sugar: 0.89g (0.99%), Cholesterol: 68.96mg (22.99%), Sodium: 514.68mg (22.38%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 8.99g (17.97%), Selenium: 10.12µg (14.45%), Vitamin K: 13.72µg (13.07%), Phosphorus: 123.27mg (12.33%), Calcium: 114.29mg (11.43%), Vitamin C: 8.61mg (10.43%), Vitamin A: 472.81IU (9.46%), Vitamin B2: 0.15mg (8.68%), Vitamin B3: 1.5mg (7.51%), Vitamin B6: 0.12mg (6.19%), Zinc: 0.9mg (5.97%), Vitamin B12: 0.33µg (5.57%), Vitamin B5: 0.45mg (4.51%), Potassium: 116.36mg (3.32%), Folate: 12.16µg (3.04%), Iron: 0.52mg (2.88%), Magnesium: 11.25mg (2.81%), Vitamin E: 0.39mg (2.58%), Vitamin D: 0.33µg (2.23%), Vitamin B1: 0.03mg (2.07%), Copper: 0.03mg (1.46%), Manganese: 0.03mg (1.39%)