



Lighter Buffalo Chicken Salads

READY IN



40 min.

SERVINGS



2

CALORIES



656 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.3 teaspoon pepper black
- ☐ 2 tablespoons cheese blue crumbled
- ☐ 2 tablespoons sauce of the chicken from the turbo broiler plus more for serving
- ☐ 0.3 cup carrots thinly sliced
- ☐ 0.3 cup celery thinly sliced
- ☐ 1 chicken breast
- ☐ 1 tablespoon chives
- ☐ 0.5 clove garlic grated
- ☐ 10 grape tomatoes halved

- ☐ 1 tablespoons milk low-fat
- ☐ 2 tablespoons olive oil
- ☐ 0.3 cup greek yogurt plain
- ☐ 4 cups the of 1 cos lettuce chopped
- ☐ 4 cups bread crumbs cubed
- ☐ 0.3 teaspoon salt
- ☐ 1 pinch salt
- ☐ 3 spring onion thinly sliced

Equipment

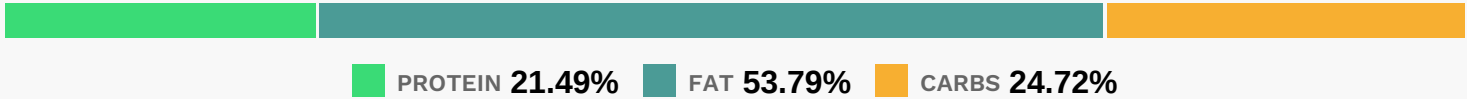
- ☐ bowl
- ☐ frying pan
- ☐ baking sheet
- ☐ oven
- ☐ whisk

Directions

- ☐ Preheat the oven to 350°F.
- ☐ In a bowl combine the bread cubes, oil, garlic, and pinch of salt. Toss to combine and spread onto a baking sheet.
- ☐ Bake in the oven for about 15 minutes, or until the bread is golden, stirring about halfway through.
- ☐ Remove from the oven and cool completely. Store croutons in an airtight container on the counter for several days.
- ☐ For the dressing, combine the yogurt and milk, whisk to combine. Stir in the grated garlic, chives, salt, cayenne (if using), and blue cheese crumbles. Set aside or store in the refrigerator in a lidded container until ready to use.
- ☐ In a skillet with about 1 tablespoon olive oil, cook the chicken with the salt and pepper until the chicken is opaque all the way through and golden on the outside. Stir in the buffalo wing sauce to coat.

- ☐ Divide the romaine between bowls and sprinkle over the carrots, celery, scallions, and tomatoes. Scatter the coated chicken over the tops of the salads, along with some croutons, and a drizzle of the dressing. Top with a few additional dashes of buffalo sauce if desired.
- ☐ Serve immediately.

Nutrition Facts



Properties

Glycemic Index:141.42, Glycemic Load:1.86, Inflammation Score:-10, Nutrition Score:32.588695484659%

Flavonoids

Naringenin: 0.58mg, Naringenin: 0.58mg, Naringenin: 0.58mg, Naringenin: 0.58mg Apigenin: 0.37mg, Apigenin: 0.37mg, Apigenin: 0.37mg, Apigenin: 0.37mg Luteolin: 0.22mg, Luteolin: 0.22mg, Luteolin: 0.22mg, Luteolin: 0.22mg Isorhamnetin: 0.1mg, Isorhamnetin: 0.1mg, Isorhamnetin: 0.1mg, Isorhamnetin: 0.1mg Kaempferol: 0.56mg, Kaempferol: 0.56mg, Kaempferol: 0.56mg, Kaempferol: 0.56mg Myricetin: 0.13mg, Myricetin: 0.13mg, Myricetin: 0.13mg, Myricetin: 0.13mg Quercetin: 4.65mg, Quercetin: 4.65mg, Quercetin: 4.65mg, Quercetin: 4.65mg

Nutrients (% of daily need)

Calories: 655.81kcal (32.79%), Fat: 39.44g (60.67%), Saturated Fat: 14.79g (92.41%), Carbohydrates: 40.8g (13.6%), Net Carbohydrates: 34.61g (12.58%), Sugar: 23.27g (25.85%), Cholesterol: 79.19mg (26.4%), Sodium: 1237.52mg (53.81%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 35.44g (70.89%), Vitamin A: 11974.3IU (239.49%), Vitamin K: 158.58µg (151.03%), Vitamin B3: 15.55mg (77.74%), Selenium: 40.49µg (57.84%), Vitamin B6: 1.07mg (53.53%), Folate: 205.55µg (51.39%), Phosphorus: 393.14mg (39.31%), Potassium: 1183.02mg (33.8%), Vitamin C: 22.59mg (27.38%), Fiber: 6.19g (24.75%), Vitamin B2: 0.38mg (22.58%), Vitamin B5: 2.15mg (21.51%), Vitamin E: 3.08mg (20.52%), Vitamin B1: 0.29mg (19.18%), Manganese: 0.38mg (18.91%), Magnesium: 74.83mg (18.71%), Iron: 3.26mg (18.09%), Calcium: 146.8mg (14.68%), Zinc: 1.62mg (10.83%), Vitamin B12: 0.53µg (8.87%), Copper: 0.17mg (8.38%), Vitamin D: 0.23µg (1.54%)