



Louisiana Hot Sauce Chicken Sandwich with Cajun Ranch Dressing

READY IN



145 min.

SERVINGS



4

CALORIES



983 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 8 leaves bibb lettuce
- ☐ 1 tablespoon blackening seasoning
- ☐ 0.3 cup buttermilk
- ☐ 0.7 cup buttermilk
- ☐ 1 tablespoon canola oil
- ☐ 0.3 teaspoon cayenne powder
- ☐ 1 celery stalk diced finely
- ☐ 4 club rolls soft

- ☐ 1 teaspoon dijon mustard
- ☐ 1 clove garlic minced
- ☐ 1 teaspoon sea salt
- ☐ 1 teaspoon ground cumin
- ☐ 2 tablespoons honey
- ☐ 3 tablespoons hot sauce such as frank's
- ☐ 1 juice of lime
- ☐ 1 teaspoon kosher salt
- ☐ 4 servings kosher salt and pepper freshly ground
- ☐ 1 tablespoon juice of lemon freshly squeezed
- ☐ 1 cup mayonnaise good
- ☐ 0.3 pound pepper jack cheese thinly sliced
- ☐ 1 bell pepper diced red finely
- ☐ 2 scallions thinly sliced
- ☐ 1.5 pounds chicken thighs boneless skinless

Equipment

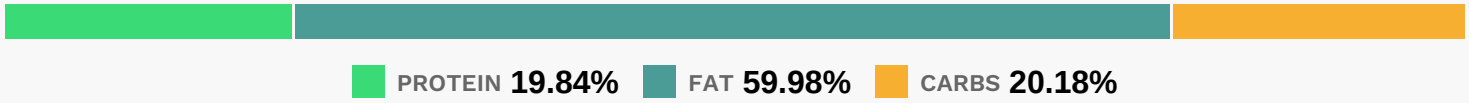
- ☐ bowl
- ☐ whisk
- ☐ grill
- ☐ grill pan

Directions

- ☐ Watch how to make this recipe.
- ☐ In a small bowl, whisk the buttermilk, hot sauce, honey, cumin, garlic, lime juice and sprinkle with salt and pepper.
- ☐ Place the chicken into a re-sealable bag and pour the buttermilk marinade over. Marinate in the fridge, at least 2 hours and up to overnight.
- ☐ Heat a grill or grill pan to medium-high heat.

- ☐
- Remove the chicken from the marinade and sprinkle with salt and pepper. Grill the chicken until cooked through and 165 degrees F, about 5 minutes.
- ☐
- Remove from the heat.
- ☐
- Place the cheese on the bottom of each roll, then top with 2 chicken thighs, lettuce and a dollop of Cajun Ranch Dressing.
- ☐
- In a medium bowl, combine the mayonnaise, buttermilk, hot sauce, lemon juice, blackening seasoning, mustard, salt and cayenne. Fold in the scallions, celery, red peppers and garlic with the mayonnaise mixture.

Nutrition Facts



Properties

Glycemic Index:116.07, Glycemic Load:29.1, Inflammation Score:-9, Nutrition Score:33.940869683805%

Flavonoids

Eriodictyol: 0.35mg, Eriodictyol: 0.35mg, Eriodictyol: 0.35mg, Eriodictyol: 0.35mg Hesperetin: 1.22mg, Hesperetin: 1.22mg, Hesperetin: 1.22mg, Hesperetin: 1.22mg Naringenin: 0.08mg, Naringenin: 0.08mg, Naringenin: 0.08mg, Naringenin: 0.08mg Apigenin: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg Luteolin: 0.19mg, Luteolin: 0.19mg, Luteolin: 0.19mg, Luteolin: 0.19mg Kaempferol: 0.1mg, Kaempferol: 0.1mg, Kaempferol: 0.1mg, Kaempferol: 0.1mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 1.6mg, Quercetin: 1.6mg, Quercetin: 1.6mg, Quercetin: 1.6mg

Nutrients (% of daily need)

Calories: 983.26kcal (49.16%), Fat: 65.39g (100.61%), Saturated Fat: 15.07g (94.22%), Carbohydrates: 49.51g (16.5%), Net Carbohydrates: 47.01g (17.09%), Sugar: 18.19g (20.21%), Cholesterol: 216.39mg (72.13%), Sodium: 2346.87mg (102.04%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 48.68g (97.35%), Vitamin K: 144.88µg (137.98%), Iron: 13.46mg (74.8%), Selenium: 46.97µg (67.1%), Vitamin C: 51.78mg (62.76%), Phosphorus: 533.86mg (53.39%), Vitamin B3: 10.11mg (50.56%), Vitamin A: 2454.45IU (49.09%), Vitamin B6: 0.97mg (48.47%), Vitamin B2: 0.59mg (34.43%), Calcium: 328.96mg (32.9%), Vitamin B12: 1.64µg (27.4%), Zinc: 4mg (26.65%), Vitamin B5: 2.6mg (25.98%), Vitamin E: 3.53mg (23.5%), Potassium: 736.07mg (21.03%), Magnesium: 66.54mg (16.64%), Vitamin B1: 0.24mg (16.16%), Folate: 60.18µg (15.05%), Fiber: 2.51g (10.03%), Manganese: 0.2mg (9.77%), Copper: 0.17mg (8.28%), Vitamin D: 1µg (6.65%)