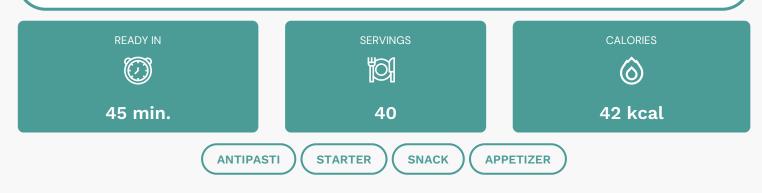


Mini Buffalo Chicken Balls



Ingredients

0.8 cup breadcrumbs
0.5 celery stalks minced
1 large eggs
0.3 cup sauce of the chicken from the turbo broiler or any other favorite hot sauce
1 pound ground chicken
1 teaspoon salt
4 tablespoons butter unsalted ()
2 tablespoons vegetable oil

Equipment		
	sauce pan	
	oven	
	whisk	
	mixing bowl	
	baking pan	
	kitchen thermometer	
Di	rections	
	Preheat the oven to 450°F.	
	Drizzle the vegetable oil into a 9×13-inch baking dish and use your hand to evenly coat the entire surface. Set aside.	
	Combine the butter and hot sauce in a small saucepan, and cook over low heat, whisking unti the butter is melted and fully incorporated.	
	Remove from the heat and allow the mixture to cool for 10 minutes.	
	Combine the hot sauce mixture, ground chicken, egg, celery, bread crumbs, and salt in a large mixing bowl and mix by hand until thoroughly incorporated.	
	Roll the mixture into round, 3/4 -inch balls, making sure to pack the meat firmly.	
	Place the balls in the prepared baking dish, being careful to line them up snugly and in even rows vertically and horizontally to form a grid. The meatballs should be touching one another.	
	Roast for 15 to 20 minutes, or until the meatballs are firm and cooked through. A meat thermometer inserted into the center of a meatball should read 165°F.	
	Allow the meatballs to cool for 5 minutes in the baking dish before serving.	
Nutrition Facts		
	PROTEIN 22.91% FAT 63.12% CARBS 13.97%	

Properties

Glycemic Index:0.8, Glycemic Load:0, Inflammation Score:-1, Nutrition Score:1.4100000080855%

Nutrients (% of daily need)

Calories: 42.06kcal (2.1%), Fat: 2.96g (4.55%), Saturated Fat: 1.15g (7.17%), Carbohydrates: 1.47g (0.49%), Net Carbohydrates: 1.38g (0.5%), Sugar: 0.13g (0.15%), Cholesterol: 17.41mg (5.8%), Sodium: 143.05mg (6.22%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 2.42g (4.84%), Vitamin B3: 0.77mg (3.84%), Vitamin B6: 0.06mg (3.14%), Selenium: 2.07µg (2.95%), Phosphorus: 26.35mg (2.63%), Vitamin B2: 0.04mg (2.45%), Vitamin B1: 0.03mg (2.17%), Potassium: 65.37mg (1.87%), Vitamin B5: 0.16mg (1.56%), Vitamin K: 1.59µg (1.52%), Zinc: 0.21mg (1.42%), Vitamin B12: 0.08µg (1.4%), Iron: 0.21mg (1.19%), Manganese: 0.02mg (1.05%)