



Mini Buffalo Chicken Balls

READY IN



45 min.

SERVINGS



40

CALORIES



42 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

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

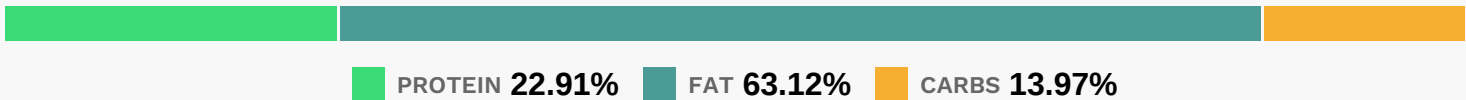
Equipment

- ☐ sauce pan
- ☐ oven
- ☐ whisk
- ☐ mixing bowl
- ☐ baking pan
- ☐ kitchen thermometer

Directions

- ☐ 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 until 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



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: 0g (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%)