



## Rob's Spicy Sweet Buffalo Chicken

READY IN



40 min.

SERVINGS



8

CALORIES



503 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- 3 tablespoons butter
- 1 teaspoon chili powder
- 1 teaspoon parsley flakes dried
- 4 eggs
- 1 cup flour all-purpose
- 1 tablespoon garlic powder
- 1 teaspoon ground nutmeg
- 2 teaspoons ground paprika
- 2 teaspoons ground pepper black

- 3 tablespoons honey
- 0.3 cup hot sauce
- 1 tablespoon onion powder
- 2 pounds chicken breast halves boneless skinless cut into chunks
- 2 tablespoons soya sauce
- 1 quart vegetable oil for frying

## Equipment

- bowl
- sauce pan
- whisk
- kitchen thermometer

## Directions

- Whisk together the flour, garlic powder, onion powder, paprika, black pepper, nutmeg, dried parsley, and chili powder in a bowl until thoroughly combined.
- Transfer half the flour mixture into another bowl. Beat eggs in a third bowl.
- Heat vegetable oil in a deep-fryer or large saucepan to 350 degrees F (175 degrees C).
- Dredge chicken pieces into flour mixture in the first bowl, then dip into beaten egg; finally dip each piece in flour mixture from the second bowl.
- Place 3 or 4 breaded chicken pieces at a time into the hot oil, and deep-fry until the chicken is golden brown, 5 to 8 minutes. An instant-read meat thermometer inserted into the center of a chicken piece should read 165 degrees F (75 degrees C).
- Stir the hot sauce with soy sauce in a saucepan over low heat; slowly stir the honey into the sauce, mixing until well combined. Stir butter into the sauce.
- Place the deep-fried chicken into a bowl, and toss with the sauce to serve.

## Nutrition Facts



## Properties

Glycemic Index:39.28, Glycemic Load:12.2, Inflammation Score:-6, Nutrition Score:19.454782548158%

## Flavonoids

Apigenin: 0.56mg, Apigenin: 0.56mg, Apigenin: 0.56mg, Apigenin: 0.56mg Isorhamnetin: 0.04mg, Isorhamnetin: 0.04mg, Isorhamnetin: 0.04mg, Isorhamnetin: 0.04mg

## Nutrients (% of daily need)

Calories: 502.87kcal (25.14%), Fat: 33.36g (51.32%), Saturated Fat: 7.76g (48.5%), Carbohydrates: 21.22g (7.07%), Net Carbohydrates: 20.06g (7.29%), Sugar: 6.99g (7.77%), Cholesterol: 165.7mg (55.23%), Sodium: 652.64mg (28.38%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 29.47g (58.94%), Selenium: 48.97µg (69.95%), Vitamin B3: 13.08mg (65.38%), Vitamin B6: 0.96mg (47.86%), Vitamin K: 46.09µg (43.9%), Phosphorus: 317.48mg (31.75%), Vitamin B5: 2.09mg (20.94%), Vitamin B2: 0.32mg (18.87%), Vitamin E: 2.78mg (18.52%), Potassium: 537.03mg (15.34%), Vitamin B1: 0.22mg (14.78%), Manganese: 0.27mg (13.39%), Vitamin A: 619.79IU (12.4%), Folate: 46.69µg (11.67%), Iron: 2.01mg (11.17%), Magnesium: 42.38mg (10.6%), Vitamin C: 7.26mg (8.8%), Zinc: 1.21mg (8.07%), Vitamin B12: 0.43µg (7.19%), Copper: 0.11mg (5.29%), Fiber: 1.16g (4.65%), Vitamin D: 0.55µg (3.69%), Calcium: 32.5mg (3.25%)