



SHAKE 'N BAKE "E-Z Buffalo Wings

 **Gluten Free**  **Dairy Free**  **Low Fod Map**

READY IN



25 min.

SERVINGS



4

CALORIES



260 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 0.5 tsp ground pepper red (cayenne)
- 2 Tbsp pepper sauce hot
- 0.5 cup classic ranch dressing kraft
- 1 lb chicken breasts boneless skinless cut into 20 strips
- 1 pkt. shake 'n bake extra seasoned coating mix crispy
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Equipment

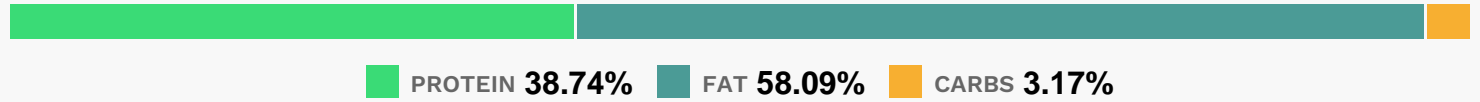
- baking sheet

oven

Directions

- Heat oven to 400F.
- Add pepper to coating mix in shaker bag; shake gently to combine.
- Add chicken, a few strips at a time; shake to evenly coat.
- Place in single layer on baking sheet sprayed with cooking spray.
- Bake 15 min. or until chicken is done.
- Transfer to plate; drizzle with hot sauce.
- Serve with dressing.

Nutrition Facts



Properties

Glycemic Index:8, Glycemic Load:0.02, Inflammation Score:-3, Nutrition Score:13.743043619653%

Nutrients (% of daily need)

Calories: 259.7kcal (12.99%), Fat: 16.35g (25.15%), Saturated Fat: 2.74g (17.14%), Carbohydrates: 2.01g (0.67%), Net Carbohydrates: 1.93g (0.7%), Sugar: 1.51g (1.68%), Cholesterol: 80.37mg (26.79%), Sodium: 573.7mg (24.94%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 24.53g (49.06%), Vitamin B3: 11.88mg (59.4%), Selenium: 37.36µg (53.37%), Vitamin B6: 0.87mg (43.7%), Vitamin K: 40.76µg (38.82%), Phosphorus: 295.31mg (29.53%), Vitamin B5: 1.86mg (18.62%), Potassium: 452.66mg (12.93%), Vitamin B2: 0.15mg (8.64%), Magnesium: 31.65mg (7.91%), Vitamin C: 6.39mg (7.75%), Vitamin E: 0.96mg (6.38%), Vitamin B1: 0.08mg (5.34%), Zinc: 0.72mg (4.81%), Vitamin B12: 0.28µg (4.63%), Iron: 0.56mg (3.1%), Vitamin A: 149.57IU (2.99%), Copper: 0.04mg (1.95%), Manganese: 0.04mg (1.86%), Folate: 6.36µg (1.59%), Calcium: 14.92mg (1.49%)