



Shredded Buffalo Chicken Sandwiches

READY IN



15 min.

SERVINGS



4

CALORIES



276 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 0.3 cup roka cheese dressing blue kraft
- 1 Tbsp butter
- 3 Tbsp celery finely chopped
- 2 cups chicken breasts shredded cooked
- 4 big colby jack cheese kraft
- 0.3 cup pepper sauce hot divided
- 4 hot dog buns whole wheat toasted

Equipment

frying pan

Directions

Combine dressing, 2 Tbsp. hot sauce and celery.

Cook chicken in butter in small skillet on medium heat 3 min. or until heated through, stirring frequently. Stir in remaining hot sauce.

Fill buns with cheese, chicken mixture and dressing mixture.

Nutrition Facts


■ PROTEIN 33.16% ■ FAT 37.9% ■ CARBS 28.94%

Properties

Glycemic Index:20.5, Glycemic Load:0.03, Inflammation Score:-4, Nutrition Score:12.598695590768%

Flavonoids

Apigenin: 0.16mg, Apigenin: 0.16mg, Apigenin: 0.16mg, Apigenin: 0.16mg Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg

Nutrients (% of daily need)

Calories: 275.67kcal (13.78%), Fat: 11.56g (17.78%), Saturated Fat: 4.29g (26.81%), Carbohydrates: 19.86g (6.62%), Net Carbohydrates: 18.11g (6.58%), Sugar: 3.36g (3.73%), Cholesterol: 61.24mg (20.41%), Sodium: 820.75mg (35.68%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 22.75g (45.5%), Selenium: 31.18µg (44.55%), Vitamin B3: 7.48mg (37.41%), Manganese: 0.46mg (22.83%), Phosphorus: 207.38mg (20.74%), Vitamin B6: 0.36mg (17.89%), Vitamin B1: 0.25mg (16.68%), Vitamin B2: 0.27mg (15.91%), Iron: 2.69mg (14.97%), Vitamin C: 11.44mg (13.87%), Folate: 54.35µg (13.59%), Zinc: 1.61mg (10.71%), Vitamin B5: 0.93mg (9.26%), Magnesium: 36.17mg (9.04%), Potassium: 267.41mg (7.64%), Calcium: 73.56mg (7.36%), Fiber: 1.75g (7%), Copper: 0.14mg (6.99%), Vitamin B12: 0.26µg (4.28%), Vitamin K: 4.43µg (4.22%), Vitamin A: 177.37IU (3.55%), Vitamin E: 0.19mg (1.24%)