



Spinach-Topped Buffalo Chicken

 Popular

READY IN



25 min.

SERVINGS



4

CALORIES



384 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 cup baby spinach fresh packed
- ☐ 1 oz cheese blue crumbled
- ☐ 0.3 cup sauce of the chicken from the turbo broiler
- ☐ 2 tablespoons cornmeal
- ☐ 1 eggs
- ☐ 2 tablespoons dressing french
- ☐ 2 teaspoons seasoning italian
- ☐ 1.3 lb chicken breast boneless skinless

- ☐ 2 tablespoons vegetable oil
- ☐ 0.5 cup baking mix bisquick heart smart®

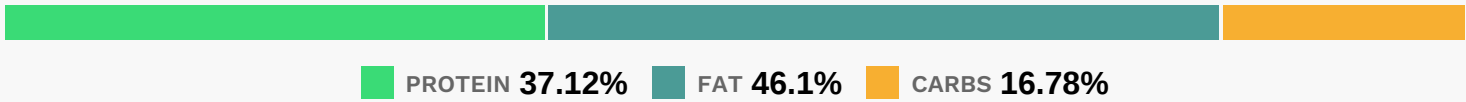
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ whisk
- ☐ plastic wrap
- ☐ rolling pin
- ☐ meat tenderizer

Directions

- ☐ Between pieces of plastic wrap or waxed paper, place each chicken breast smooth side down; gently pound with flat side of meat mallet or rolling pin until about 1/4 inch thick.
- ☐ In shallow dish, beat egg and 2 tablespoons of the Buffalo wing sauce with whisk. In another shallow dish, stir Bisquick mix, cornmeal and Italian seasoning. Dip chicken in egg mixture, then coat with Bisquick mixture.
- ☐ In 12-inch skillet, heat oil over medium-high heat. Cook chicken in oil 6 to 10 minutes, turning once, or until golden brown on outside and no longer pink in center.
- ☐ Meanwhile, in small bowl, mix remaining Buffalo wing sauce and the French dressing. Top each chicken breast with 1/4 cup spinach and 1 tablespoon cheese.
- ☐ Drizzle each with 2 tablespoons dressing mixture.

Nutrition Facts



Properties

Glycemic Index:33.13, Glycemic Load:2.27, Inflammation Score:-7, Nutrition Score:22.676086944083%

Flavonoids

Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg Kaempferol: 0.48mg, Kaempferol: 0.48mg, Kaempferol: 0.48mg, Kaempferol: 0.48mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 0.3mg, Quercetin: 0.3mg, Quercetin: 0.3mg, Quercetin: 0.3mg

Nutrients (% of daily need)

Calories: 383.75kcal (19.19%), Fat: 19.36g (29.78%), Saturated Fat: 4.66g (29.15%), Carbohydrates: 15.85g (5.28%), Net Carbohydrates: 14.28g (5.19%), Sugar: 3.37g (3.74%), Cholesterol: 137.25mg (45.75%), Sodium: 1125.41mg (48.93%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 35.06g (70.12%), Vitamin B3: 15.79mg (78.95%), Selenium: 51.31µg (73.3%), Vitamin K: 66.1µg (62.95%), Vitamin B6: 1.16mg (58.08%), Phosphorus: 453.03mg (45.3%), Vitamin B5: 2.49mg (24.88%), Potassium: 661.43mg (18.9%), Vitamin B2: 0.31mg (18.46%), Vitamin A: 914.01IU (18.28%), Magnesium: 58.09mg (14.52%), Vitamin B1: 0.21mg (13.94%), Folate: 50.76µg (12.69%), Vitamin E: 1.73mg (11.54%), Manganese: 0.23mg (11.34%), Iron: 1.9mg (10.57%), Calcium: 103.37mg (10.34%), Zinc: 1.47mg (9.83%), Vitamin B12: 0.54µg (8.96%), Fiber: 1.57g (6.27%), Copper: 0.1mg (5.1%), Vitamin C: 3.88mg (4.7%), Vitamin D: 0.4µg (2.65%)