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Buffalo Chicken White Bun Hot Hoagie

The Buffalo Chicken White Bun Hot Hoagie is a delicious and spicy sandwich made with buffalo chicken and served on a white bun. It is perfect for those who enjoy a little heat in their meals. The sandwich is typically consumed as a lunch or dinner option and is popular among buffalo chicken lovers.

Recipe Type: Standard

Prep Time: 15 mins

Cook Time: 30 mins

Total Time: 45 mins

Recipe Yield: 500 grams

Number of Servings: 4

Serving Size: 125 g

Ingredients

500 g	chicken breast
0.5 c	buffalo sauce
4 pieces	white buns

1 c	lettuce
2 pieces	Tomato
4 tbsp	mayonnaise
4 oz	Blue cheese
2 stalks	celery

Directions

Step 1

Preheating

Preheat the oven to 400°F (200°C).

Prep Time: 5 mins

Cook Time: 0 mins

Step 2

Baking

Place the chicken breast on a baking sheet and bake for 25-30 minutes or until cooked through.

Prep Time: 0 mins

Cook Time: 30 mins

Step 3

Remove the chicken from the oven and let it cool slightly. Shred the chicken using two forks.

Prep Time: 5 mins

Cook Time: 0 mins

Step 4

Mixing

In a bowl, mix the shredded chicken with the buffalo sauce until well coated.

Prep Time: 0 mins

Cook Time: 0 mins

Step 5

Slice the white buns in half and toast them if desired.

Prep Time: 0 mins

Cook Time: 0 mins

Step 6

Spread mayonnaise on the bottom half of each bun.

Prep Time: 0 mins

Cook Time: 0 mins

Step 7

Place lettuce and tomato slices on top of the mayonnaise.

Prep Time: 0 mins

Cook Time: 0 mins

Step 8

Add a generous amount of buffalo chicken on top of the vegetables.

Prep Time: 0 mins

Cook Time: 0 mins

Step 9

Sprinkle blue cheese crumbles on top of the buffalo chicken.

Prep Time: 0 mins

Cook Time: 0 mins

Step 10

Place celery sticks on top of the blue cheese.

Prep Time: 0 mins

Cook Time: 0 mins

Step 11

Cover with the top half of the bun and serve.

Prep Time: 0 mins

Cook Time: 0 mins

Nutrition Facts

Calories: 300 kcal

Fat: 10 g

Protein: 20 g

Carbohydrates: 30 g

Nutrition Facts

Proteins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Protein	20 g	117.65%	117.65%

Carbohydrates

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
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Carbohydrates	30 g	54.55%	60%
Fibers	2 g	5.26%	8%
Sugars	4 g	N/A	N/A
Lactose	0 g	N/A	N/A

Fats

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Monounsaturated Fat	4 g	N/A	N/A
Saturated Fat	2 g	9.09%	11.76%
Fat	10 g	35.71%	40%
Cholesterol	50 mg	N/A	N/A

Vitamins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Vitamin A	10 iu	1.11%	1.43%
Vitamin C	6 mg	6.67%	8%
Vitamin B6	1 mg	76.92%	76.92%
Vitamin B12	1 mcg	41.67%	41.67%
Vitamin E	2 mg	13.33%	13.33%
Vitamin D	0 mcg	0%	0%

Minerals

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Sodium	800 mg	34.78%	34.78%
Calcium	8 mg	0.8%	0.8%
Iron	10 mg	125%	55.56%
Potassium	400 mg	11.76%	15.38%
Zinc	1 mg	9.09%	12.5%
Selenium	15 mcg	27.27%	27.27%

Recipe Attributes

Seasonality

Fall

Kitchen Tools

Slow Cooker

Blender

Mixer

Oven

Nutritional Content

Low Calorie

High Fiber

Low Sodium

Sugar-Free

High Vitamin C

High Iron

High Calcium

Cuisines

Italian

Diet

Anti-Inflammatory Diet

Meal Type

Breakfast

Brunch

Lunch

Dinner

Snack

Supper

Difficulty Level

Medium

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