

# EASY LOW-FAT BUFFALO CHICKEN SANDWICH



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## Ingredients

Yield: 12

- 3 lb frozen boneless, skinless chicken tenders
- 1 bottle buffalo hot wing sauce of choice  
packet of ranch dip mix

## Directions

1. Put all ingredients in crockpot and cook on low for 6 hours.
2. Once done pull apart and shred chicken, then put back in crockpot with sauce and cook an additional hour to allow chicken to soak up sauce.
3. Then add to a whole wheat bun and enjoy!

Tip: Goes great on a leaf or two of lettuce which saves carbs and calories

## Nutritional Information (no bun)

Serving:	Calories	Fat	Protein	Carbohydrates	Sodium
½ cup	236	2.5 g	23 g	1.3 g	1166 mg

## Nutritional Information (with bun)

Serving:	Calories	Fat	Protein	Carbohydrates	Sodium
½ cup + bun	275	5 g	29 g	25.3 g	1356 mg

Diabetic exchange: 2 carbohydrates (1/2 cup meat + 1 whole bun)