



Crunchy Broccoli Bites with Buffalo Sauce

These crispy snacks are a great healthy twist on the classic buffalo chicken.

U.S.

2 heads	Broccoli, cut into florets
4 each	Egg, large
1 cup	Bread Crumbs, whole wheat
1/4 tsp	Salt
To taste	Black Pepper, ground
As Needed	Cooking Spray

Metric

2 heads
4 each
225 g
1.2 g
To taste
As Needed

For Buffalo Sauce

1 Tbsp	Butter, unsalted	15 g
1/3 cup	Hot sauce (such as Frank's Red Hot Sauce)	75 g
1/2 tsp	Lemon Juice	2.5 g
To taste	Black Pepper, ground	To taste

Preparation:

1. Gather all ingredients and equipment
2. Preheat oven to 400°F (204°C).
3. Cut stalks off heads of broccoli with a sharp knife making sure the cut is high enough that the individual florets fall away as you cut.
4. In a medium sized bowl, beat eggs. In a separate bowl combine bread crumbs, salt, and pepper.
5. Dip individual broccoli florets into egg mixture. Allow for excess egg to drip off individual pieces, and place florets in the bread crumb mixture. Toss evenly to coat.
6. After broccoli is breaded, spread in a single layer on a parchment-lined sheet pan, sprayed with cooking spray and bake in preheated oven for 15 minutes, or until golden brown.
7. For the sauce: In a microwave safe bowl, heat butter for 15 seconds or until melted. Add lemon juice, hot sauce, and pepper. Mix and set aside.
8. Remove broccoli from oven and allow to cool for 5 minutes.
9. Serve 1/4 cup of broccoli and 1/2 oz of buffalo sauce. Enjoy!

Nutrition Facts

8 Servings

Serving size 1/2 cup Broccoli w/ 1/2 oz. Buffalo sauce

Amount per serving

Calories 120

Calories from Fat 30

Total Fat 3 g

Saturated Fat 2 g

Trans Fat 0 g

Monounsaturated Fat 0 g

Cholesterol 20 mg

Sodium 360 mg

Total Carbohydrate 17 g

Dietary Fiber 4 g

Total Sugars 7 g

Protein 6 g

Vitamin D 0 %

Calcium 10 %

Iron 6 %

Potassium 61.8 mg

Phosphorus 132 mg