



## Crunchy Broccoli Bites with Buffalo Sauce (Large Font)

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

### U.S.

4 cups	Broccoli, cut into florets
4 large	Eggs
1 cup	Bread Crumbs, whole wheat
1/4 tsp	Kosher Salt
To taste	Black Pepper, ground
As Needed	Cooking Spray

### Metric

340 g
4 large
225 g
1.5 g
To taste
As Needed

### *For Buffalo Sauce:*

1 Tbsp	Butter, unsalted	15 g
1/3 cup	Hot Sauce (such as Crystal)	80 mL
1/2 tsp	Lemon Juice	2.5 mL
To taste	Black Pepper, ground	To taste

### **Preparation:**

1. Gather all ingredients and equipment.
2. Preheat the oven to 400°F (205°C).
3. In a medium bowl whisk the eggs. In a separate bowl combine the bread crumbs, salt, and pepper.
4. Dip broccoli florets in the egg, then coat individually in the seasoned bread crumbs.
5. Line a baking sheet with tin foil and spray with cooking spray.
6. Arrange broccoli in a single layer on the baking sheet and bake for 15 minutes, until golden brown.
7. In a microwave safe bowl heat the butter for 15 seconds or until melted. Add lemon juice, hot sauce, and pepper. Mix and set aside.
8. Serve 1/2 cup of broccoli with 1 Tbsp of buffalo sauce.

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## Nutrition Facts

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8 Servings

**Serving size**                    **1/2 cup + 1 Tbsp Sauce**

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**Amount per serving**

**Calories**                        **110**

Calories from Fat                40

**Total Fat**                        4 g

  Saturated Fat                  1.5 g

  Trans Fat                        0 g

  Monounsaturated               1.5 g

**Cholesterol**                    95 mg

**Sodium**                         380 mg

**Total Carbohydrate**        13 g

  Dietary Fiber                  2 g

  Total Sugars                  0 g

    Includes 0g Added Sugars

**Protein**                         6 g

Vitamin D                        0 %

Calcium                         2 %

Iron                                4 %

Potassium                        210 mg

Phosphorus                       75 mg

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