



Slow Cooker Buffalo Chicken

“A simple and spicy way to prep your meat for a meal or a week. This one is very simple, the chicken does not get dried out, and left-overs are wonderful. A quick source of protein with a nice spice kick!” – Kelly May

Prep Time: 15 min

Cook Time: 7 hrs.

Ready In: 7hrs 15 min.

Serving Size: 7 servings

Ingredients

- ✓ 4 boneless chicken breasts
- ✓ 2 tablespoons of butter
- ✓ 17.5 fluid ounce buffalo wing sauces
- ✓ 0.5 ounces of package of dry ranch salad dressing mix (1/2 of packet)

Directions

1. Place chicken breasts, wings sauces and ranch dressing mix into crockpot, cook on low for roughly 7 hours.
2. Once chicken is cooked through, shred and add butter, then mix. The meat is ready to serve.

Nutrition

Amount per serving

- ❖ Calories: 315
- ❖ Total Fat: 19 g
- ❖ Total Carbs: 0 g
- ❖ Protein: 35 g
- ❖ Cholesterol: 115 mg
- ❖ Sodium: 136
- ❖ Potassium: 366 mg