

Buffalo Chicken Burgers

Yield: 5 min
Total Time: 25 min

Recipe from: <https://www.recipeschoose.com/recipes/roast-recipe-with-ranch-and-italian-seasoning>

Ingredients:

- 1 pound ground chicken breast
- 1/2 teaspoon salt
- 1/2 teaspoon pepper
- 1/2 tablespoon italian seasoning
- 1/4 cup buffalo wing sauce
- 1/2 cup Parmesan cheese
- 2 ounces sharp cheddar cheese
- buffalo wing sauce
- bacon ranch dressing
- 6 whole wheat buns

Nutrition:

1. Calories: 220 calories
2. Carbohydrate: 1 grams
3. Cholesterol: 95 milligrams
4. Fat: 14 grams
5. Protein: 22 grams
6. SaturatedFat: 6 grams
7. Sodium: 870 milligrams

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