

Buffalo Dipping Sauce

This easy homemade sauce will be your new go-to for dipping all your crunchy baked snacks like chicken tenders and broccoli bites.

YIELD 7 SERVINGS	PREP TIME 5 MIN	TOTAL TIME 5 MIN
----------------------------	---------------------------	----------------------------

INGREDIENTS

1 Tbsp	Butter, unsalted
3 Tbsp	Hot Sauce (Crystal or similar)
3 Tbsp	Apple Cider Vinegar
½ tsp	Garlic Powder
To taste	Black Pepper, ground

CHEF'S NOTES

This buffalo sauce changes the ratio of a traditional buffalo sauce by reducing the amount of butter and hot sauce used. This results in dipping sauce that is lower in saturated fat and sodium! It makes a slightly spicy sauce that is the perfect drizzle or dip for crunchy broccoli bites. Want a little more spice? Add a touch of cayenne to give it that extra kick.

Storage Instructions: The buffalo sauce will keep for up to 1 week in the refrigerator, simply microwave as described below to reheat before

DIRECTIONS

1. Gather all necessary equipment and ingredients.
2. In the microwave, heat the butter for 15 seconds, or until completely melted.
3. Mix in the hot sauce, apple cider vinegar, garlic powder, and black pepper. Stir until smooth. *Note: if the hot sauce is too cold when added to the melted butter, the butter will solidify, and you may need to microwave the sauce in 10 second increments until smooth. Serve warm.*

Nutrition Facts

6 servings per container

Serving size 1 Tbsp (15g)

Amount Per Serving

Calories 20

% Daily Value*

Total Fat 2g 3%

Saturated Fat 1g 5%

Trans Fat 0g

Cholesterol 5mg 2%

Sodium 170mg 7%

Total Carbohydrate 0g 0%

Dietary Fiber 0g 0%

Total Sugars 0g

Includes 0g Added Sugars 0%

Protein 0g 0%

Vitamin D 0mcg 0%

Calcium 0mg 0%

Iron 0mg 0%

Potassium 10mg 0%

* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

CONTAINS: MILK



goldringcenter.tulane.edu



@culinarymedicine



Goldring Center for Culinary Medicine

