

Here's a simple **Buffalo Chicken Bake** recipe for you, baked at 350°F, along with its nutritional information:

## Buffalo Chicken Bake Recipe

### Ingredients:

- 4 boneless, skinless chicken breasts (about 1.5 lbs)
- 1 cup buffalo sauce (Frank's RedHot or your favorite brand)
- 1/4 cup ranch dressing or blue cheese dressing (optional)
- 1 cup shredded cheddar cheese (or mozzarella, optional)
- Salt and pepper to taste
- 1/2 teaspoon garlic powder
- 1/2 teaspoon onion powder
- 1/4 teaspoon smoked paprika (optional)

### Instructions:

- 1 Preheat oven** to 350°F (175°C).
- 2 Prepare the chicken:** Season the chicken breasts with salt, pepper, garlic powder, onion powder, and smoked paprika (if using).
- 3 Bake the chicken:** Place the chicken breasts in a baking dish. Bake in the preheated oven for about 25-30 minutes or until the chicken reaches an internal temperature of 165°F.
- 4 Buffalo sauce:** While the chicken is baking, mix the buffalo sauce and ranch or blue cheese dressing together in a bowl.
- 5 Add sauce and cheese:** Once the chicken is done, remove from the oven. Pour the buffalo sauce mixture over the chicken breasts. If desired, sprinkle the shredded cheese on top.
- 6 Return to oven:** Put the dish back in the oven and bake for an additional 5-10 minutes, until the cheese is melted and bubbly.
- 7 Serve:** Serve the buffalo chicken with your favorite side dishes, such as a salad or roasted vegetables.

**Nutritional Information (per serving, based on 4 servings):**

- **Calories:** 300-350 kcal
- **Protein:** 40g
- **Carbohydrates:** 3-5g
- **Fat:** 15-20g
- **Fiber:** 0g
- **Sugar:** 1g

This is a basic estimate and can vary depending on the type of dressing and cheese you use.

Enjoy your delicious buffalo chicken bake! Let me know if you need any adjustments or other recipe ideas!