

# Low-Carb Buffalo Chicken Stuffed Peppers



## Ingredients

- 2 peppers (red pointed peppers or bell peppers)
- 1/4 tsp salt divided
- 1 1/2 cup shredded chicken breast
- 4 oz cream cheese softened
- 1/2 cup shredded cheddar cheese divided
- 3 tbsp Frank's Buffalo Wing Sauce divided

## How to Make Buffalo Chicken Stuffed Peppers

- Start by cutting the peppers in half lengthwise. and taking out the pith and seeds. It's not necessary to remove the whole white rib of the pepper like you would a jalapeno, because these peppers aren't hot.
- Arrange the peppers in a baking dish and put them in the oven by themselves for about 5 minutes. If you don't pre-bake them, the peppers can turn out a bit underdone. Or you'll have to overcook the ingredients to properly cook the pepper.
- To prepare the filling, combine the shredded chicken, cream cheese, half of the cheddar cheese, and half the Frank's hot sauce in a bowl. Stir it all together until well combined.

### Instructions

- Preheat the oven to 400 degrees F (205 degrees C)
- Slice the peppers lengthwise and place them in a large baking dish. Season with half the salt. Bake for 5 minutes, then remove from the oven.
- Meanwhile, combine the shredded chicken, cream cheese, half the cheddar cheese, half the buffalo wing sauce, and the remaining salt in a bowl. Stir to combine.
- Stuffed the peppers evenly with the filling. Top with the remaining cheddar cheese. Bake for 15 minutes, until the cheese has melted and is bubbly on top.
- To finish, transfer 2 halves to each plate. Drizzle with remaining buffalo sauce and blue cheese dressing



## Notes

- There are 6 net grams of carbs in each serving (2 pepper halves). To lower the carb count, use a smaller pepper or add more filling to one half instead of two halves.
- You can use any type of pepper you like. We mostly use red pointed peppers, bell peppers, Poblanos, and Anaheim peppers.
- You can use Frank's red hot sauce or Frank's buffalo wing sauce interchangeably.

## Nutrition

Calories: 507kcal | Carbohydrates: 8g | Protein: 38g | Fat: 36g | Saturated Fat: 19g | Cholesterol: 171mg | Sodium: 1420mg | Potassium: 555mg | Fiber: 2g | Sugar: 5g | Vitamin A: 1528IU | Vitamin C: 96mg | Calcium: 284mg | Iron: 2mg

<https://delightfullylowcarb.com/low-carb-buffalo-chicken-stuffed-peppers/>

