



## Buffalo Chicken Taquitos

### Description

These crispy **Keto Buffalo Chicken Taquitos** are a low-carb, gluten-free treat packed with cheesy buffalo chicken flavor. Perfect for snacks or a quick dinner!

ingredient

- Keto Buffalo Chicken Taquitos
- Ingredients:
- Old Cheddar Cheese, shredded
- Mozzarella Cheese, shredded
- Parmesan Cheese, shredded
- Shredded Cooked Chicken
- Frankâ??s Red Hot Sauce
- Butter, melted

### Instructions

1. keto buffalo chicken taquitos
2. Preheat Oven:
3. Preheat your oven to 400Â°F.
4. Prepare the Buffalo Chicken:
5. In a small bowl, mix Frankâ??s Red Hot Sauce with melted butter.
6. Pour the sauce over the shredded chicken and toss until itâ??s fully coated.
7. Spread the buffalo chicken in a baking dish and bake for 20 minutes, stirring halfway through. Let the chicken cool for 10 minutes.
8. Make the Cheese Shells:
9. In a large bowl, mix shredded cheddar, mozzarella, and Parmesan cheeses together.
10. Scoop small balls (about 2 tablespoons) of the cheese mixture onto a parchment-lined baking sheet.
11. Bake the cheese balls for 6-8 minutes, or until the edges are golden and crispy.
12. Fill the Taquitos:
13. Let the cheese shells cool for 1-2 minutes, just enough to handle but still flexible.
14. Spoon the buffalo chicken onto the edge of each cheese shell.
15. Quickly roll the cheese shell into a taquito shape before it hardens.

16. Serve or Store:
17. Enjoy the taquitos hot, served with your favorite keto-friendly dipping sauces.
18. To store, keep them in an airtight container in the fridge for up to 3 days or freeze for up to 3 months.

## Nutrition Facts

Servings 8

### Amount Per Serving

**Calories** 320kcal

**% Daily Value \***

**Total Fat** 26g 40%

**Total Carbohydrate** 3g 1%

**Protein** 18g 36%

### Category

1. High Protein Recipes

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