



Ain't No Thing Butta Chicken Wing

 Gluten Free

READY IN



120 min.

SERVINGS



4

CALORIES



768 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 2 tablespoons reserved spice mixture
- ☐ 4 tablespoons butter
- ☐ 1 tablespoon cayenne pepper
- ☐ 4 pounds chicken wings
- ☐ 1 tablespoon mustard dry
- ☐ 1 tablespoon garlic minced
- ☐ 1 tablespoon sea salt
- ☐ 2 teaspoons ground cumin

- ☐ 1 jalapeño minced
- ☐ 1 tablespoon juice of lime
- ☐ 2 tablespoons olive oil
- ☐ 1 tablespoon freshly cracked pepper black
- ☐ 12 ounce pepper sauce hot recommended: Crystal sauce
- ☐ 0.5 teaspoon pepper white
- ☐ 1 tablespoon vinegar white

Equipment

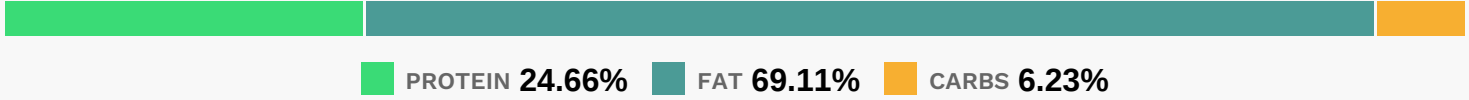
- ☐ bowl
- ☐ baking sheet
- ☐ sauce pan
- ☐ oven
- ☐ wire rack
- ☐ grill

Directions

- ☐ Watch how to make this recipe.
- ☐ In a medium bowl, combine all of the spices.
- ☐ Remove and reserve 2 tablespoons of the mixture. Rinse the wings and pat dry.
- ☐ Add the wings to bowl with the spice mixture and stir to coat well. Loosely cover and refrigerate for 1 to 2 hours.
- ☐ Preheat the grill to medium-high heat with direct and indirect heat or preheat the oven to 375 degrees F.
- ☐ For the grill: Cook the wings over direct heat until they are good and crispy, about 15 to 25 minutes. Turn them over and put them on indirect heat, turning frequently, as needed.
- ☐ Oven method: Line a baking sheet with a nonstick wire rack. Arrange the wings on the rack and bake them for 45 to 55 minutes, turning halfway through.
- ☐ While the wings are grilling, in a medium saucepan over medium-high heat, add the olive oil, garlic and jalapeno.

- ☐
- Saute for 1 minute, stirring constantly.
- ☐
- Add the reserved 2 tablespoons of the spice mixture and 12 ounces of hot sauce. Bring to a simmer, add the butter, vinegar and lime juice. Hold warm until ready to serve.
- ☐
- When ready to serve, add the wings to a large serving bowl, pour in the sauce and toss.

Nutrition Facts



Properties

Glycemic Index:60.25, Glycemic Load:0.71, Inflammation Score:-8, Nutrition Score:31.122608677201%

Flavonoids

Eriodictyol: 0.08mg, Eriodictyol: 0.08mg, Eriodictyol: 0.08mg, Eriodictyol: 0.08mg Hesperetin: 0.34mg, Hesperetin: 0.34mg, Hesperetin: 0.34mg, Hesperetin: 0.34mg Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 0.23mg, Quercetin: 0.23mg, Quercetin: 0.23mg, Quercetin: 0.23mg

Nutrients (% of daily need)

Calories: 768.37kcal (38.42%), Fat: 59.27g (91.18%), Saturated Fat: 19.42g (121.36%), Carbohydrates: 12.03g (4.01%), Net Carbohydrates: 7.19g (2.61%), Sugar: 1.94g (2.16%), Cholesterol: 218.7mg (72.9%), Sodium: 2523.04mg (109.7%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 47.59g (95.18%), Vitamin C: 72.63mg (88.04%), Vitamin B3: 15.42mg (77.08%), Selenium: 43.12µg (61.6%), Vitamin B6: 1.19mg (59.45%), Vitamin K: 57.52µg (54.78%), Manganese: 0.82mg (40.86%), Phosphorus: 385.87mg (38.59%), Iron: 6.76mg (37.57%), Vitamin A: 1554.82IU (31.1%), Vitamin E: 4.18mg (27.86%), Zinc: 3.86mg (25.73%), Magnesium: 86.31mg (21.58%), Vitamin B5: 2.13mg (21.31%), Vitamin B2: 0.36mg (21.14%), Potassium: 722.28mg (20.64%), Fiber: 4.84g (19.34%), Calcium: 187.21mg (18.72%), Vitamin B1: 0.2mg (13.54%), Vitamin B12: 0.81µg (13.46%), Copper: 0.24mg (11.87%), Folate: 39.7µg (9.93%), Vitamin D: 0.24µg (1.63%)