



Andy's Five Pepper Chicken Wings

 Gluten Free

READY IN



70 min.

SERVINGS



8

CALORIES



445 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 8 tablespoons butter
- ☐ 4 pounds chicken wings
- ☐ 2 tablespoons garlic fresh chopped
- ☐ 3 cups hot sauce
- ☐ 2 jalapeño peppers seeded chopped
- ☐ 2 habanero peppers seeded chopped
- ☐ 2 chile peppers red seeded chopped
- ☐ 8 servings salt and pepper to taste

- ☐ 2 thai chile peppers seeded chopped
- ☐ 1 cup vegetable oil
- ☐ 2 wax peppers yellow seeded chopped

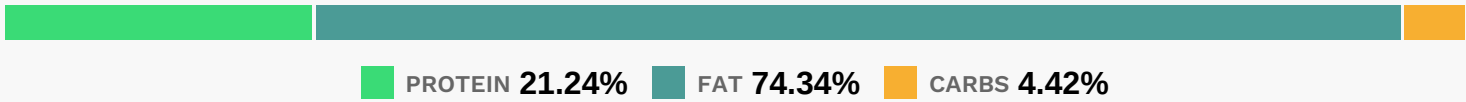
Equipment

- ☐ paper towels
- ☐ oven
- ☐ pot
- ☐ baking pan

Directions

- ☐ Heat oil in deep-fryer to 300 degrees F (150 degrees C). Preheat oven to 400 degrees F (205 degrees C).
- ☐ Cook wings in hot oil for 15 minutes, turning occasionally.
- ☐ Drain on a paper towel-lined dish, then transfer to a shallow baking dish. Broil in the preheated oven for 15 minutes, turning once.
- ☐ Melt butter in a medium stock pot over medium heat. Stir in hot sauce, garlic, jalapeno, Thai chile, habanero, yellow wax, and red chile peppers. Reduce heat to medium low and cook for 15 minutes, or until peppers are softened. Season to taste with salt and pepper, and pour over wings, turning to coat. Reduce oven temperature to 350 degrees F (175 degrees C), and continue baking for an additional 10 minutes.
- ☐ Let cool for 5 minutes, and enjoy. Be sure to have plenty of water handy!

Nutrition Facts



Properties

Glycemic Index:20.88, Glycemic Load:0.69, Inflammation Score:-8, Nutrition Score:16.4386956614%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 1.48mg, Luteolin: 1.48mg, Luteolin: 1.48mg, Luteolin: 1.48mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol:

0.02mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 0.98mg, Quercetin: 0.98mg, Quercetin: 0.98mg, Quercetin: 0.98mg

Nutrients (% of daily need)

Calories: 445.09kcal (22.25%), Fat: 36.82g (56.65%), Saturated Fat: 13.59g (84.92%), Carbohydrates: 4.92g (1.64%), Net Carbohydrates: 3.83g (1.39%), Sugar: 2.66g (2.95%), Cholesterol: 124.4mg (41.47%), Sodium: 2756.96mg (119.87%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 23.67g (47.33%), Vitamin C: 114.91mg (139.28%), Vitamin B3: 7.84mg (39.2%), Vitamin B6: 0.74mg (36.77%), Selenium: 19.48µg (27.83%), Phosphorus: 190.02mg (19%), Vitamin A: 939.62IU (18.79%), Vitamin K: 17.73µg (16.88%), Potassium: 431.59mg (12.33%), Vitamin B2: 0.21mg (12.33%), Zinc: 1.84mg (12.26%), Vitamin B5: 1.13mg (11.28%), Vitamin E: 1.57mg (10.44%), Iron: 1.87mg (10.42%), Magnesium: 33.6mg (8.4%), Vitamin B1: 0.12mg (8.2%), Manganese: 0.16mg (8.13%), Vitamin B12: 0.42µg (6.93%), Copper: 0.12mg (5.93%), Fiber: 1.1g (4.38%), Folate: 17.46µg (4.36%), Calcium: 34.1mg (3.41%)