



Angela's Spicy Buffalo Wings

 Dairy Free

READY IN



55 min.

SERVINGS



4

CALORIES



708 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 4 servings spicy buffalo sauce
- ☐ 4 servings celery stalks
- ☐ 2.5 pounds chicken wing pieces (wings already cut)
- ☐ 1 cup flour all-purpose
- ☐ 0.3 teaspoon ground pepper red
- ☐ 0.8 teaspoon ground pepper black
- ☐ 0.3 teaspoon onion powder
- ☐ 4 servings cool ranch sauce

- ☐ 2 teaspoons salt
- ☐ 4 servings vegetable oil

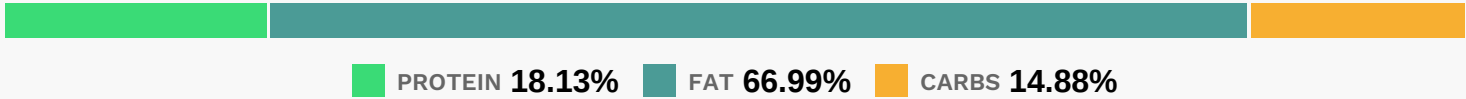
Equipment

- ☐ frying pan
- ☐ paper towels
- ☐ wire rack

Directions

- ☐ Sprinkle wings with salt and next 3 ingredients. Dredge in flour, shaking to remove excess.
- ☐ Pour oil to depth of 2 inches into a large deep skillet; heat to 35
- ☐ Fry wings, in batches, 3 to 4 minutes on each side or until done.
- ☐ Drain on a wire rack over paper towels. Toss wings in Spicy Buffalo Sauce; serve immediately with Cool Ranch Sauce and celery sticks.

Nutrition Facts



Properties

Glycemic Index:42.75, Glycemic Load:17.31, Inflammation Score:-5, Nutrition Score:17.895652200865%

Flavonoids

Apigenin: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg

Nutrients (% of daily need)

Calories: 708.27kcal (35.41%), Fat: 52.14g (80.22%), Saturated Fat: 11.14g (69.62%), Carbohydrates: 26.06g (8.69%), Net Carbohydrates: 25.05g (9.11%), Sugar: 1.53g (1.7%), Cholesterol: 125.68mg (41.89%), Sodium: 1577.08mg (68.57%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 31.76g (63.52%), Vitamin K: 67.05µg (63.86%), Vitamin B3: 10.95mg (54.76%), Selenium: 35.43µg (50.61%), Phosphorus: 293.23mg (29.32%), Vitamin B6: 0.56mg (28.22%), Vitamin B1: 0.32mg (21.66%), Vitamin B2: 0.32mg (18.69%), Iron: 3.06mg (17%), Folate: 65.15µg (16.29%), Vitamin B5: 1.56mg (15.58%), Vitamin E: 2.33mg (15.56%), Zinc: 2.32mg (15.48%), Manganese: 0.31mg (15.46%), Magnesium: 37.04mg (9.26%), Vitamin B12: 0.54µg (9.01%), Potassium: 303.03mg (8.66%), Copper: 0.12mg (6.05%), Vitamin A: 294.99IU (5.9%), Fiber: 1.01g (4.03%), Calcium: 34.9mg (3.49%), Vitamin C: 1.23mg (1.49%),

Vitamin D: 0.18µg (1.22%)