



Baked Blazing Hot Wings

READY IN



70 min.

SERVINGS



15

CALORIES



241 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.5 cup butter
- ☐ 5 pounds chicken wings frozen
- ☐ 1 tablespoon flour all-purpose
- ☐ 2 cups pepper sauce hot redhot® such as Frank's
- ☐ 2 tablespoons distilled vinegar white

Equipment

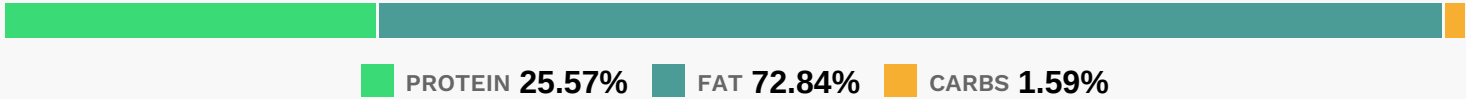
- ☐ bowl
- ☐ sauce pan

- ☐ oven
- ☐ whisk
- ☐ baking pan

Directions

- ☐ Preheat oven to 400 degrees F (200 degrees C). Arrange frozen chicken wings in a single layer in a shallow baking dish.
- ☐ Bake in the preheated oven for 25 minutes, then flip wings. Continue baking until the skin is crispy and meat is no longer pink at the bone, about 20 minutes more.
- ☐ Meanwhile, cook and stir hot sauce, butter, and vinegar in a saucepan over medium heat until butter is melted, about 5 minutes.
- ☐ Add flour; whisk until sauce is smooth. Continue cooking until sauce is thickened, about 5 minutes more.
- ☐ Drain grease from chickens wings and let stand for 5 minutes.
- ☐ Transfer chicken to a large bowl and add sauce. Toss to coat.

Nutrition Facts



Properties

Glycemic Index:11.67, Glycemic Load:0.28, Inflammation Score:-3, Nutrition Score:7.1108695579612%

Nutrients (% of daily need)

Calories: 241.23kcal (12.06%), Fat: 19.3g (29.69%), Saturated Fat: 7.56g (47.28%), Carbohydrates: 0.95g (0.32%), Net Carbohydrates: 0.84g (0.3%), Sugar: 0.41g (0.46%), Cholesterol: 79.14mg (26.38%), Sodium: 954.07mg (41.48%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 15.24g (30.49%), Vitamin C: 24.51mg (29.71%), Vitamin B3: 4.95mg (24.76%), Selenium: 12.91µg (18.44%), Vitamin B6: 0.34mg (16.82%), Phosphorus: 113.73mg (11.37%), Zinc: 1.13mg (7.54%), Vitamin A: 360.95IU (7.22%), Vitamin B5: 0.67mg (6.71%), Vitamin B2: 0.1mg (6.07%), Iron: 0.95mg (5.3%), Potassium: 175.84mg (5.02%), Vitamin B12: 0.27µg (4.57%), Magnesium: 16.58mg (4.14%), Vitamin B1: 0.05mg (3.67%), Vitamin E: 0.46mg (3.06%), Copper: 0.04mg (2.16%), Manganese: 0.04mg (1.75%), Folate: 6.33µg (1.58%), Calcium: 14.38mg (1.44%), Vitamin K: 1.3µg (1.24%)