



Baked Buffalo Chicken Wings

 Gluten Free

READY IN



45 min.

SERVINGS



4

CALORIES



1084 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 cup cheese blue crumbled
- ☐ 1.5 teaspoons cayenne
- ☐ 8 ribs celery cut into sticks
- ☐ 4 pounds chicken wings
- ☐ 3 tablespoons cooking oil
- ☐ 4 cloves garlic chopped
- ☐ 0.3 teaspoon fresh-ground pepper black
- ☐ 0.3 cup catsup

- ☐ 0.7 cup mayonnaise
- ☐ 1.8 teaspoons salt
- ☐ 2 scallions including tops green chopped
- ☐ 0.3 cup cup heavy whipping cream sour
- ☐ 1 tablespoon all the tabasco sauce you handle
- ☐ 5 teaspoons vinegar

Equipment




- ☐ bowl
- ☐ baking sheet
- ☐ oven

Directions

- ☐ Heat the oven to 42
- ☐ In a large bowl, combine the wings, oil, garlic, 1 1/2 teaspoons of the salt, and the cayenne. Arrange the wings in a single layer on two large baking sheets.
- ☐ Bake until just done, about 25 minutes.
- ☐ Meanwhile, in a medium glass or stainless-steel bowl, combine the mayonnaise, sour cream, blue cheese, scallions, 1 teaspoon of the vinegar, the remaining 1/4 teaspoon salt, and the black pepper.
- ☐ In a large bowl, combine the ketchup, the remaining 4 teaspoons vinegar, and the Tabasco sauce.
- ☐ Add the wings and toss to coat.
- ☐ Serve the wings with the celery sticks and blue-cheese dressing alongside.
- ☐ Menu Suggestions: Pair these wings with more finger food. Corn on the cob would go nicely. Roasted potato wedges are a good alternative and can be cooked alongside the wings.
- ☐ Wine Recommendation: Beer is a no-brainer with the salt, spice, and heat of this barfly classic. For a more festive alternative, serve a crisp sparkling wine; it will refresh the palate and tame the heat of the dish.

Nutrition Facts



 **PROTEIN 20.04%**  **FAT 76.11%**  **CARBS 3.85%**

Properties

Glycemic Index:71.25, Glycemic Load:1.13, Inflammation Score:-8, Nutrition Score:29.178695751273%

Flavonoids

Apigenin: 2.28mg, Apigenin: 2.28mg, Apigenin: 2.28mg, Apigenin: 2.28mg Luteolin: 0.84mg, Luteolin: 0.84mg, Luteolin: 0.84mg, Luteolin: 0.84mg Kaempferol: 0.27mg, Kaempferol: 0.27mg, Kaempferol: 0.27mg, Kaempferol: 0.27mg Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg Quercetin: 1.13mg, Quercetin: 1.13mg, Quercetin: 1.13mg, Quercetin: 1.13mg

Nutrients (% of daily need)

Calories: 1084.46kcal (54.22%), Fat: 91.27g (140.42%), Saturated Fat: 24.43g (152.68%), Carbohydrates: 10.37g (3.46%), Net Carbohydrates: 8.58g (3.12%), Sugar: 5.59g (6.22%), Cholesterol: 240.9mg (80.3%), Sodium: 2115.13mg (91.96%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 54.07g (108.15%), Vitamin K: 106.68µg (101.6%), Vitamin B3: 15.48mg (77.38%), Selenium: 45.42µg (64.89%), Vitamin B6: 1.07mg (53.59%), Phosphorus: 509.25mg (50.93%), Vitamin A: 1575.51IU (31.51%), Vitamin E: 4.65mg (31.02%), Zinc: 4.49mg (29.93%), Vitamin B5: 2.82mg (28.2%), Vitamin B2: 0.47mg (27.77%), Calcium: 276.87mg (27.69%), Potassium: 800.45mg (22.87%), Vitamin B12: 1.28µg (21.34%), Magnesium: 68.45mg (17.11%), Iron: 2.97mg (16.51%), Folate: 60.06µg (15.01%), Manganese: 0.25mg (12.37%), Vitamin C: 10.05mg (12.18%), Vitamin B1: 0.17mg (11.1%), Copper: 0.19mg (9.29%), Fiber: 1.79g (7.16%), Vitamin D: 0.49µg (3.26%)