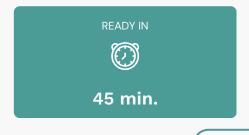
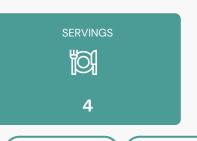


Baked Buffalo Chicken Wings

Gluten Free







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	
Εq	uipment	
	bowl	
	baking sheet	
	oven	
Directions		
	Heat the oven to 42	
	In a large bowl, combine the wings, oil, garlic, 11/2 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

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, Luteolin: 0.84mg Kaempferol: 0.27mg, Kaempferol: 0.27mg, Kaempferol: 0.27mg, Kaempferol: 0.27mg, Kaempferol: 0.27mg, Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 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 %: O% (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: 1575.51lU (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%)