



## Baked Buffalo Wings

 Gluten Free

READY IN



75 min.

SERVINGS



12

CALORIES



115 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

## Ingredients

- 2 lb chicken wings ( 24)
- 2 tablespoons honey
- 2 tablespoons catsup
- 2 tablespoons hot sauce red
- 1 tablespoon worcestershire sauce
- 1 serving paprika
- 1 sticks celery
- 0.3 cup cottage cheese reduced-fat

- 0.5 teaspoon citrus champagne vinegar
- 2 tablespoons milk
- 1 tablespoon cheese blue crumbled
- 0.1 teaspoon pepper white
- 1 clove garlic finely chopped

## Equipment

- food processor
- frying pan
- oven
- blender
- aluminum foil
- ziploc bags

## Directions

- Heat oven to 350°F. Line 15x10x1-inch pan with foil.
- Remove skin from chicken.
- In resealable food-storage plastic bag, mix honey, ketchup, pepper sauce and Worcestershire sauce.
- Add chicken. Seal bag; refrigerate at least 15 minutes but no longer than 24 hours, turning occasionally.
- Place chicken in pan; sprinkle with paprika.
- Bake uncovered about 30 minutes or until crisp and juice of chicken is no longer pink when centers of thickest pieces are cut.
- Meanwhile, in blender or food processor, place cottage cheese, vinegar, milk, half of the blue cheese, the white pepper and garlic. Cover and blend on low speed until smooth and creamy. Spoon into serving dish. Stir in remaining blue cheese. Cover; refrigerate until serving.
- Serve chicken wings with sauce and celery sticks.

## Nutrition Facts



■ PROTEIN 30.1% ■ FAT 54.23% ■ CARBS 15.67%

## Properties

Glycemic Index:16.19, Glycemic Load:1.59, Inflammation Score:-2, Nutrition Score:3.4600000446257%

## Flavonoids

Apigenin: 0.09mg, Apigenin: 0.09mg, Apigenin: 0.09mg, Apigenin: 0.09mg Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Quercetin: 0.04mg, Quercetin: 0.04mg, Quercetin: 0.04mg, Quercetin: 0.04mg

## Nutrients (% of daily need)

Calories: 114.61kcal (5.73%), Fat: 6.87g (10.57%), Saturated Fat: 2.03g (12.7%), Carbohydrates: 4.47g (1.49%), Net Carbohydrates: 4.32g (1.57%), Sugar: 3.93g (4.37%), Cholesterol: 32.42mg (10.81%), Sodium: 164.28mg (7.14%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 8.58g (17.16%), Vitamin B3: 2.52mg (12.6%), Selenium: 7.14µg (10.2%), Vitamin B6: 0.17mg (8.35%), Phosphorus: 70.72mg (7.07%), Zinc: 0.62mg (4.16%), Vitamin B2: 0.07mg (3.84%), Vitamin A: 185.62IU (3.71%), Vitamin B5: 0.37mg (3.65%), Potassium: 111.19mg (3.18%), Vitamin B12: 0.19µg (3.18%), Iron: 0.56mg (3.1%), Vitamin C: 2.4mg (2.91%), Magnesium: 9.54mg (2.38%), Calcium: 19.39mg (1.94%), Vitamin B1: 0.03mg (1.75%), Vitamin E: 0.22mg (1.49%), Copper: 0.03mg (1.44%), Manganese: 0.03mg (1.26%), Vitamin K: 1.28µg (1.22%), Folate: 4.43µg (1.11%)