



Baked Buffalo Wings

 Gluten Free

READY IN



75 min.

SERVINGS



12

CALORIES



120 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 1 tablespoon cheese blue crumbled
- 1 sticks celery
- 2 lb chicken wings (24)
- 1 clove garlic finely chopped
- 2 tablespoons honey
- 2 tablespoons catsup
- 0.3 cup cottage cheese reduced-fat
- 2 tablespoons milk

- 12 servings paprika
- 2 tablespoons hot sauce red
- 0.1 teaspoon pepper white
- 0.5 teaspoon citrus champagne vinegar
- 1 tablespoon worcestershire sauce

Equipment

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

Directions

- Heat oven to 350F. 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 29.19% ■ FAT 52.8% ■ CARBS 18.01%

Properties

Glycemic Index:16.19, Glycemic Load:1.65, Inflammation Score:-6, Nutrition Score:5.1500000681566%

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: 119.78kcal (5.99%), Fat: 7.11g (10.93%), Saturated Fat: 2.07g (12.94%), Carbohydrates: 5.46g (1.82%), Net Carbohydrates: 4.67g (1.7%), Sugar: 4.12g (4.58%), Cholesterol: 32.42mg (10.81%), Sodium: 165.53mg (7.2%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 8.84g (17.68%), Vitamin A: 1088.61IU (21.77%), Vitamin B3: 2.7mg (13.52%), Selenium: 7.25µg (10.36%), Vitamin B6: 0.21mg (10.31%), Phosphorus: 76.48mg (7.65%), Iron: 0.94mg (5.25%), Vitamin B2: 0.09mg (5.17%), Vitamin E: 0.76mg (5.05%), Zinc: 0.7mg (4.69%), Potassium: 152.99mg (4.37%), Vitamin B5: 0.41mg (4.11%), Magnesium: 12.8mg (3.2%), Vitamin B12: 0.19µg (3.18%), Fiber: 0.78g (3.13%), Vitamin C: 2.42mg (2.93%), Manganese: 0.05mg (2.72%), Vitamin K: 2.76µg (2.62%), Calcium: 23.59mg (2.36%), Vitamin B1: 0.03mg (2.16%), Copper: 0.04mg (2.1%), Folate: 5.32µg (1.33%)