



BBQ Chicken Wings with Blue Cheese Butter

READY IN



40 min.

SERVINGS



4

CALORIES



910 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.5 cup bbq sauce your favorite
- ☐ 4 servings canola oil for frying
- ☐ 2.5 pounds chicken wings separated for another use
- ☐ 1 cup flour all-purpose
- ☐ 2 teaspoons ground cumin
- ☐ 4 servings kosher salt and pepper black freshly ground
- ☐ 0.5 cup piquillo peppers in brine canned drained well
- ☐ 6 ounces roquefort blue crumbled room temperature
- ☐ 2 teaspoons paprika smoked

☐ 1 stick butter unsalted room temperature

Equipment

☐ bowl

☐ paper towels

☐ whisk

☐ mixing bowl

☐ pot

☐ blender

☐ deep fryer

Directions

☐ Watch how to make this recipe.

☐ In a medium bowl, whisk together the butter and 4 ounces of the blue cheese until very smooth.

☐ Transfer to a serving bowl and set aside at room temperature.

☐ In a blender, puree the BBQ sauce, peppers, 1 teaspoon of the cumin and 1 teaspoon of the paprika until smooth.

☐ Pour into a large mixing bowl large enough to hold all of the wings.

☐ In a shallow dish, whisk together the flour, remaining cumin and paprika, and season it with salt and pepper.

☐ Sprinkle the wings with salt and pepper. Fill a deep, heavy pot with 6 inches of oil and heat to 365 degrees F, or preheat a deep fryer.

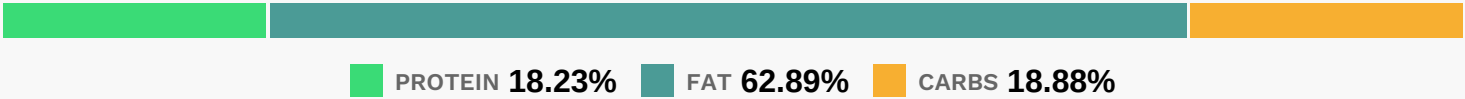
☐ Toss the chicken wings in the seasoned flour until well coated, shaking off the excess flour. Fry in batches until golden brown, crisp and cooked through, about 13 minutes.

☐ Drain briefly on paper towels before adding them to the sauce and tossing them to coat while they are still hot.

☐ Transfer the wings to a serving platter. Dollop a little of the blue cheese butter on top of the wings to melt; serve the rest on the side for dipping.

☐ Sprinkle the remaining blue cheese over the top and serve immediately.

Nutrition Facts



Properties

Glycemic Index:38.5, Glycemic Load:17.58, Inflammation Score:-9, Nutrition Score:23.379130467125%

Nutrients (% of daily need)

Calories: 910.42kcal (45.52%), Fat: 63.25g (97.31%), Saturated Fat: 29.63g (185.19%), Carbohydrates: 42.71g (14.24%), Net Carbohydrates: 41.06g (14.93%), Sugar: 13.05g (14.5%), Cholesterol: 210.51mg (70.17%), Sodium: 1056.45mg (45.93%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 41.25g (82.5%), Selenium: 41.36µg (59.08%), Vitamin B3: 11.72mg (58.62%), Vitamin A: 2137.07IU (42.74%), Phosphorus: 422.61mg (42.26%), Vitamin B6: 0.67mg (33.69%), Vitamin B2: 0.5mg (29.23%), Calcium: 278.21mg (27.82%), Iron: 4.69mg (26.04%), Zinc: 3.56mg (23.76%), Vitamin B1: 0.35mg (23.36%), Vitamin C: 19.12mg (23.17%), Vitamin B5: 2.16mg (21.61%), Folate: 80.79µg (20.2%), Manganese: 0.35mg (17.63%), Vitamin B12: 1.06µg (17.61%), Vitamin E: 2.34mg (15.61%), Potassium: 512.85mg (14.65%), Magnesium: 55.03mg (13.76%), Copper: 0.17mg (8.61%), Fiber: 1.64g (6.58%), Vitamin K: 6.75µg (6.43%), Vitamin D: 0.79µg (5.26%)