



Blazin' Buttermilk Wings

READY IN

ready

268 min.

SERVINGS

servings

4

CALORIES

calories

693 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 4 servings cheese dressing blue for dipping recommended: bob's big boy
- ☐ 3.2 ounce packs buffalo wing seasoning
- ☐ 1 quart buttermilk
- ☐ 4 pounds chicken wing drummettes
- ☐ 4 servings cucumbers cut into 1/4-inch slices
- ☐ 0.3 cup hot sauce

Equipment

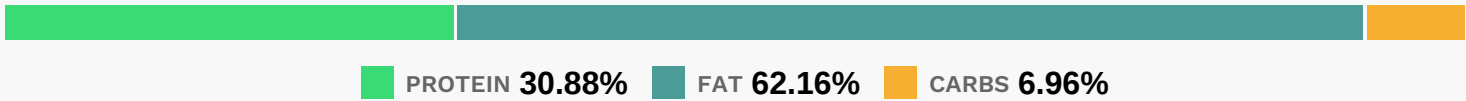
- ☐ bowl

- ☐ frying pan
- ☐ baking sheet
- ☐ plastic wrap
- ☐ grill
- ☐ aluminum foil
- ☐ broiler

Directions

- ☐ In a large bowl, stir together buttermilk, wing seasoning, and hot sauce.
- ☐ Add drummettes and be sure all are coated. Cover with plastic wrap and refrigerate at least 3 to 4 hours, preferably overnight.
- ☐ Set up grill for direct cooking over medium-high heat. Oil grate when ready to start cooking.
- ☐ Remove wings from refrigerator and let sit at room temperature for 30 minutes. Grill 12 to 18 minutes, turning occasionally, ending with skin-side down.
- ☐ Serve with ranch dressing, celery sticks, and cucumber slices.
- ☐ INDOOR: Prepare wings as directed. Preheat broiler.
- ☐ Place wings on foil lined baking sheet or broiling pan. Broil 15 to 20 minutes turning occasionally or until cooked.

Nutrition Facts



Properties

Glycemic Index:11.5, Glycemic Load:3.58, Inflammation Score:-6, Nutrition Score:23.547391023973%

Nutrients (% of daily need)

Calories: 693.21kcal (34.66%), Fat: 47.08g (72.43%), Saturated Fat: 15.5g (96.89%), Carbohydrates: 11.86g (3.95%), Net Carbohydrates: 11.81g (4.29%), Sugar: 11.78g (13.09%), Cholesterol: 214.64mg (71.55%), Sodium: 1528.44mg (66.45%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 52.63g (105.25%), Vitamin B3: 14.77mg (73.84%), Selenium: 46.74µg (66.77%), Phosphorus: 527.11mg (52.71%), Vitamin B6: 0.97mg (48.34%), Vitamin B2: 0.64mg (37.41%), Vitamin B12: 1.87µg (31.24%), Calcium: 303.7mg (30.37%), Vitamin B5: 2.79mg (27.94%), Zinc: 4.18mg (27.85%), Vitamin D: 3.32µg (22.14%), Potassium: 724.51mg (20.7%), Magnesium: 68.69mg (17.17%), Vitamin C:

12.97mg (15.72%), Vitamin B1: 0.23mg (15.65%), Vitamin A: 775.48IU (15.51%), Iron: 2.48mg (13.76%), Copper: 0.16mg (8.23%), Vitamin E: 0.92mg (6.14%), Folate: 22.7µg (5.67%), Manganese: 0.06mg (3.08%), Vitamin K: 1.2µg (1.14%)