



Blue Cheese Hot Wings!



Gluten Free

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READY IN

ready

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80 min.

SERVINGS

servings

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30

CALORIES

calories

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137 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 2 cups cheese dressing blue prepared
- ☐ 30 chicken wings
- ☐ 4 cloves garlic minced
- ☐ 0.5 cup bell pepper green chopped
- ☐ 2 teaspoons ground pepper
- ☐ 1 cup hot sauce louisiana-style
- ☐ 1 teaspoon liquid mesquite smoke flavoring
- ☐ 0.3 cup blackstrap molasses

- ☐ 0.5 cup onion chopped
- ☐ 2 teaspoons lawry's seasoned salt

Equipment

- ☐ paper towels
- ☐ sauce pan
- ☐ oven
- ☐ baking pan
- ☐ spatula
- ☐ tongs

Directions

- ☐ Preheat oven to 375 degrees F (190 degrees C).
- ☐ Sprinkle the chicken wings on all sides with cayenne pepper and seasoned salt, and spread in a single layer into a large baking dish.
- ☐ Bake the wings in the preheated oven until the skin is browned and crisp, 30 to 40 minutes, turning the wings over halfway through cooking for even browning.
- ☐ While the wings are baking, combine hot sauce, molasses, and liquid smoke flavoring in a saucepan over medium-low heat. Stir in the onion, green pepper, and garlic, and bring the mixture to a boil. Stir in the blue cheese dressing. Reduce heat to a simmer, and cook until the onions are translucent, about 5 minutes.
- ☐ Remove from heat.
- ☐ Transfer the wings from the baking dish to paper towels to drain excess grease.
- ☐ Pour off any excess fat from the dish, and return the wings to the dish.
- ☐ Pour the sauce evenly over the wings, turning them over with a spatula or tongs to coat all sides with sauce.
- ☐ Return to the oven and bake until the sauce has thickened and cooked onto the wings, about 20 minutes. Cool for about 5 minutes before serving.

Nutrition Facts



 **PROTEIN 28.9%**  **FAT 59.32%**  **CARBS 11.78%**

Properties

Glycemic Index:4.77, Glycemic Load:1.34, Inflammation Score:-2, Nutrition Score:4.6352173919263%

Flavonoids

Luteolin: 0.12mg, Luteolin: 0.12mg, Luteolin: 0.12mg, Luteolin: 0.12mg Isorhamnetin: 0.13mg, Isorhamnetin: 0.13mg, Isorhamnetin: 0.13mg, Isorhamnetin: 0.13mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.6mg, Quercetin: 0.6mg, Quercetin: 0.6mg, Quercetin: 0.6mg

Nutrients (% of daily need)

Calories: 137.19kcal (6.86%), Fat: 8.92g (13.72%), Saturated Fat: 2.59g (16.17%), Carbohydrates: 3.98g (1.33%), Net Carbohydrates: 3.83g (1.39%), Sugar: 3.55g (3.94%), Cholesterol: 37.17mg (12.39%), Sodium: 556.97mg (24.22%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 9.78g (19.55%), Vitamin B3: 2.94mg (14.7%), Selenium: 8.46µg (12.08%), Vitamin B6: 0.23mg (11.31%), Vitamin C: 8.79mg (10.65%), Phosphorus: 81.31mg (8.13%), Magnesium: 20.08mg (5.02%), Zinc: 0.72mg (4.77%), Potassium: 154.54mg (4.42%), Iron: 0.79mg (4.37%), Manganese: 0.09mg (4.3%), Vitamin B5: 0.42mg (4.15%), Vitamin B2: 0.07mg (4.02%), Vitamin B12: 0.19µg (3.19%), Calcium: 30.5mg (3.05%), Vitamin A: 148.86IU (2.98%), Copper: 0.05mg (2.32%), Vitamin B1: 0.03mg (2.31%), Vitamin E: 0.24mg (1.63%), Vitamin K: 1.38µg (1.32%)