



Bobby Flay's Hot Wings with Blue Cheese-Yogurt Sauce

READY IN



55 min.

SERVINGS



6

CALORIES



622 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 3 tablespoons ancho chili powder
- 0.3 cup cheese blue crumbled (Bobby likes cabrales)
- 3 pounds chicken wings split
- 1 tablespoon new mexico chili powder
- 1 tablespoons chipotle chiles in adobo sauce pureed
- 1 tablespoon dijon mustard
- 1.5 cups flour all-purpose
- 2 tablespoons cilantro leaves fresh finely chopped

- 1.5 teaspoons garlic powder
- 1 cup greek yogurt
- 1 tablespoons honey
- 6 servings jicama sticks for serving
- 6 servings kosher salt and pepper freshly ground
- 6 servings vegetable oil; peanut oil preferred for frying
- 2 tablespoons onion red finely grated
- 0.5 cup red wine vinegar
- 1 stick butter unsalted quartered

Equipment

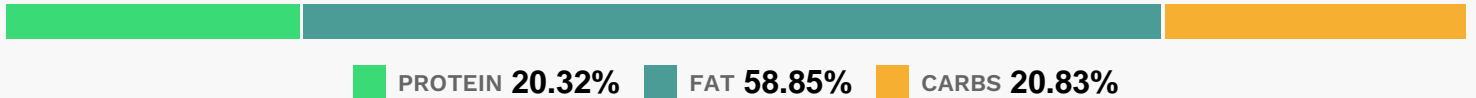
- bowl
- frying pan
- whisk
- kitchen thermometer
- slotted spoon

Directions

- Combine the yogurt, blue cheese, red onion, cilantro, and salt and pepper to taste in a small bowl. Refrigerate at least 30 minutes before serving to allow the flavors to meld.
- Heat 2 inches of peanut oil in a large high-sided pan until a deep-fry thermometer registers 375 degrees F.
- Stir together the flour, salt and pepper to taste, 1 tablespoon ancho chili powder and the garlic powder in a shallow bowl. Season the wings with salt and pepper and add in batches to the flour mixture to lightly coat. Tap off the excess flour, add the wings to the oil in batches and fry until golden brown and cooked through, 8 to 10 minutes.
- Transfer with a slotted spoon to a paper-towel-lined plate.
- Bring the vinegar, chipotle puree, the remaining 2 tablespoons ancho chili powder and the New Mexico chili powder to a simmer in a large high-sided saute pan over medium heat.

- Remove from the heat and whisk in the mustard, 1 teaspoon salt, the honey and butter until smooth.
- Add the wings and toss to coat.
- Garnish with cilantro, if desired, and serve with the jicama sticks and blue cheese sauce.
- Photograph by Con Poulos

Nutrition Facts



Properties

Glycemic Index:44.21, Glycemic Load:18.9, Inflammation Score:-9, Nutrition Score:19.323478289272%

Flavonoids

Isorhamnetin: 0.17mg, Isorhamnetin: 0.17mg, Isorhamnetin: 0.17mg, Isorhamnetin: 0.17mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Quercetin: 0.75mg, Quercetin: 0.75mg, Quercetin: 0.75mg, Quercetin: 0.75mg

Nutrients (% of daily need)

Calories: 622.49kcal (31.12%), Fat: 40.53g (62.36%), Saturated Fat: 16.91g (105.7%), Carbohydrates: 32.29g (10.76%), Net Carbohydrates: 29.05g (10.56%), Sugar: 4.85g (5.39%), Cholesterol: 140.68mg (46.89%), Sodium: 479.99mg (20.87%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 31.49g (62.97%), Selenium: 36.05µg (51.5%), Vitamin B3: 9.89mg (49.44%), Vitamin A: 2287.44IU (45.75%), Vitamin B6: 0.6mg (30.24%), Phosphorus: 291.78mg (29.18%), Vitamin B2: 0.44mg (25.84%), Vitamin B1: 0.34mg (22.48%), Vitamin E: 3.34mg (22.24%), Iron: 3.85mg (21.36%), Manganese: 0.37mg (18.29%), Folate: 69.94µg (17.48%), Zinc: 2.48mg (16.54%), Vitamin B5: 1.37mg (13.72%), Fiber: 3.24g (12.96%), Potassium: 423.8mg (12.11%), Vitamin B12: 0.73µg (12.1%), Magnesium: 45.34mg (11.34%), Calcium: 112.87mg (11.29%), Copper: 0.17mg (8.54%), Vitamin K: 7.67µg (7.31%), Vitamin D: 0.43µg (2.89%), Vitamin C: 1.52mg (1.84%)