



Bobby's Buffalo Wings with Tangy Cheese Dip

 Gluten Free

READY IN



165 min.

SERVINGS



6

CALORIES



423 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 6 servings celery and carrot sticks for serving
- ☐ 3.5 pounds chicken wings
- ☐ 0.3 cup honey
- ☐ 0.5 cup hot sauce
- ☐ 1 juice of lemon fresh
- ☐ 1 juice of lime fresh
- ☐ 0.5 teaspoon kosher salt
- ☐ 1 teaspoon kosher salt

- ☐ 2 tablespoons mayonnaise
- ☐ 0.3 cup nonfat greek yogurt
- ☐ 0.3 teaspoon pepper freshly ground
- ☐ 1 teaspoon pepper freshly ground
- ☐ 1 ounce roquefort cheese crumbled
- ☐ 2 tablespoons scallions chopped
- ☐ 1 teaspoon citrus champagne vinegar

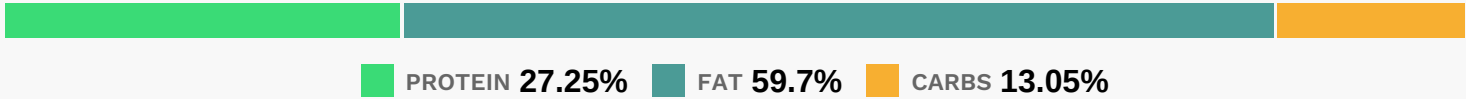
Equipment

- ☐ bowl
- ☐ baking sheet
- ☐ oven
- ☐ broiler

Directions

- ☐ Watch how to make this recipe.
- ☐ Preheat the oven to 450 degrees F. For the roquefort dip: Cream the Roquefort until smooth in a medium bowl.
- ☐ Mix in the yogurt, mayonnaise, scallions, salt, pepper, vinegar, lemon juice and lime juice until well blended. Chill for 2 hours. For the buffalo wings: Spray a baking sheet with nonstick cooking spray. Toss the wings with the salt and pepper to coat evenly in a medium bowl and then transfer to the baking sheet.
- ☐ Bake until the skin is golden and crispy or the internal temperature reaches 165 degrees F, 25 minutes. Preheat the broiler.
- ☐ Combine the hot sauce and honey in a small bowl and then brush the wings with 1/4 cup of the hot sauce mixture. Broil for 3 minutes.
- ☐ Brush the wings with another 1/4 cup of the hot sauce mixture and flip the wings. Broil again until browned and crispy, 3 to 4 minutes longer.
- ☐ Remove and immediately brush with the remaining sauce.
- ☐ Serve with celery and carrot sticks.

Nutrition Facts



Properties

Glycemic Index:42.88, Glycemic Load:6.19, Inflammation Score:-4, Nutrition Score:12.10608695901%

Flavonoids

Eriodictyol: 0.35mg, Eriodictyol: 0.35mg, Eriodictyol: 0.35mg, Eriodictyol: 0.35mg Hesperetin: 1.17mg, Hesperetin: 1.17mg, Hesperetin: 1.17mg, Hesperetin: 1.17mg Naringenin: 0.09mg, Naringenin: 0.09mg, Naringenin: 0.09mg, Naringenin: 0.09mg Apigenin: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg Quercetin: 0.26mg, Quercetin: 0.26mg, Quercetin: 0.26mg, Quercetin: 0.26mg

Nutrients (% of daily need)

Calories: 422.62kcal (21.13%), Fat: 27.91g (42.93%), Saturated Fat: 7.89g (49.31%), Carbohydrates: 13.73g (4.58%), Net Carbohydrates: 13.43g (4.88%), Sugar: 12.51g (13.9%), Cholesterol: 116.79mg (38.93%), Sodium: 1335.37mg (58.06%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 28.67g (57.33%), Vitamin B3: 8.62mg (43.12%), Selenium: 24.2µg (34.57%), Vitamin B6: 0.56mg (27.78%), Vitamin C: 19.88mg (24.09%), Phosphorus: 228.79mg (22.88%), Zinc: 2.14mg (14.27%), Vitamin B5: 1.28mg (12.75%), Vitamin K: 13.23µg (12.6%), Vitamin B2: 0.21mg (12.45%), Vitamin B12: 0.57µg (9.51%), Iron: 1.65mg (9.14%), Potassium: 305.04mg (8.72%), Magnesium: 31.66mg (7.91%), Calcium: 68.67mg (6.87%), Vitamin A: 324.89IU (6.5%), Vitamin B1: 0.08mg (5.65%), Manganese: 0.11mg (5.52%), Vitamin E: 0.64mg (4.29%), Copper: 0.08mg (4.19%), Folate: 13.73µg (3.43%), Fiber: 0.3g (1.19%), Vitamin D: 0.15µg (1.01%)