



Boneless Buffalo Wings

 Popular

READY IN



50 min.

SERVINGS



3

CALORIES



414 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 1 tablespoon butter
- 0.5 teaspoon cayenne pepper
- 1 eggs
- 0.3 teaspoon garlic powder
- 0.5 teaspoon ground pepper black
- 1 cup milk
- 3 servings oil for deep frying
- 0.5 teaspoon paprika

- 0.3 cup pepper sauce hot
- 2 teaspoons salt
- 3 chicken breasts boneless skinless cut into 1/2-inch strips
- 1 cup unbleached flour all-purpose

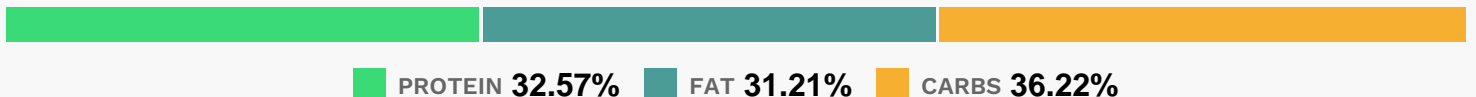
Equipment

- bowl
- sauce pan
- whisk
- microwave

Directions

- Heat oil in a deep-fryer or large saucepan to 375 degrees F (190 degrees C).
- Combine flour, salt, black pepper, cayenne pepper, garlic powder, and paprika in a large bowl.
- Whisk together the egg and milk in a small bowl. Dip each piece of chicken in the egg mixture, and then roll in the flour blend. Repeat so that each piece of chicken is double coated. Refrigerate breaded chicken for 20 minutes.
- Fry chicken in the hot oil, in batches. Cook until the exterior is nicely browned, and the juices run clear, 5 to 6 minutes a batch.
- Combine hot sauce and butter in a small bowl. Microwave sauce on High until melted, 20 to 30 seconds.
- Pour sauce over the cooked chicken; mix to coat.

Nutrition Facts



Properties

Glycemic Index:82.33, Glycemic Load:24.54, Inflammation Score:-7, Nutrition Score:22.646087231843%

Nutrients (% of daily need)

Calories: 414.34kcal (20.72%), Fat: 14.1g (21.7%), Saturated Fat: 5.32g (33.22%), Carbohydrates: 36.82g (12.27%), Net Carbohydrates: 35.32g (12.84%), Sugar: 4.41g (4.9%), Cholesterol: 146.67mg (48.89%), Sodium: 2293.12mg (99.7%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 33.11g (66.23%), Selenium: 56.51µg (80.73%), Vitamin B3: 14.46mg (72.32%), Vitamin B6: 0.99mg (49.56%), Phosphorus: 400.39mg (40.04%), Vitamin B2: 0.52mg (30.84%), Vitamin B1: 0.46mg (30.79%), Vitamin B5: 2.36mg (23.63%), Folate: 89.69µg (22.42%), Vitamin C: 16.58mg (20.09%), Manganese: 0.38mg (18.96%), Potassium: 656.89mg (18.77%), Iron: 2.86mg (15.9%), Vitamin A: 698.58IU (13.97%), Vitamin B12: 0.8µg (13.39%), Magnesium: 53.06mg (13.27%), Calcium: 126.76mg (12.68%), Zinc: 1.53mg (10.23%), Vitamin D: 1.3µg (8.67%), Vitamin E: 1.26mg (8.39%), Fiber: 1.5g (6%), Copper: 0.12mg (5.9%), Vitamin K: 4.52µg (4.31%)