



Buffalo Chicken Wings

 Gluten Free

READY IN



135 min.

SERVINGS



6

CALORIES



517 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.5 pound butter softened
- ☐ 1 teaspoon celery seed
- ☐ 2 pounds chicken wings
- ☐ 2 tablespoons grapeseed oil
- ☐ 2 tablespoons honey
- ☐ 0.3 cup hot sauce such as frank's
- ☐ 1 teaspoon kosher salt
- ☐ 1 tablespoon salt and pepper

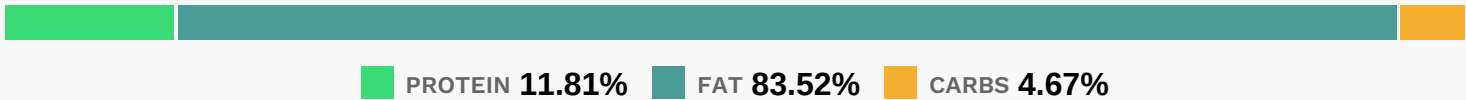
Equipment

- ☐ frying pan
- ☐ oven
- ☐ mixing bowl

Directions

- ☐ For the wings: Preheat the oven to 200 degrees F. Toss the wings with the oil and the salt and pepper blend.
- ☐ Place on a sheet pan. Cook for 90 minutes. After cooking, remove the wings from the oven and cool for 30 minutes or more.
- ☐ For the sauce: In mixing bowl, blend the butter, hot sauce, honey, celery seed and salt until well mixed.
- ☐ Preheat a fryer to 375 degrees F.
- ☐ Add the wings to the fryer and cook until crisp, 2 to 3 minutes. Once crisp, remove from the fryer and allow excess grease to drain. Toss the wings in the hot sauce and serve.

Nutrition Facts



Properties

Glycemic Index:26.05, Glycemic Load:3.02, Inflammation Score:-6, Nutrition Score:7.5934783129588%

Flavonoids

Apigenin: 0.26mg, Apigenin: 0.26mg, Apigenin: 0.26mg, Apigenin: 0.26mg Luteolin: 2.54mg, Luteolin: 2.54mg, Luteolin: 2.54mg, Luteolin: 2.54mg

Nutrients (% of daily need)

Calories: 517.22kcal (25.86%), Fat: 48.48g (74.59%), Saturated Fat: 23.55g (147.17%), Carbohydrates: 6.1g (2.03%), Net Carbohydrates: 6.02g (2.19%), Sugar: 5.9g (6.55%), Cholesterol: 144.14mg (48.05%), Sodium: 2118.09mg (92.09%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 15.42g (30.84%), Vitamin B3: 4.9mg (24.49%), Vitamin A: 1081IU (21.62%), Selenium: 13.13µg (18.76%), Vitamin E: 2.48mg (16.54%), Vitamin B6: 0.31mg (15.36%), Phosphorus: 120.05mg (12%), Vitamin C: 8.14mg (9.87%), Zinc: 1.17mg (7.82%), Vitamin B5: 0.68mg (6.83%), Iron: 1.02mg (5.69%), Vitamin B2: 0.1mg (5.68%), Vitamin B12: 0.33µg (5.43%), Potassium: 159.47mg (4.56%),

Magnesium: 17.6mg (4.4%), Vitamin B1: 0.05mg (3.05%), Vitamin K: 2.89µg (2.75%), Manganese: 0.05mg (2.72%), Calcium: 26.94mg (2.69%), Copper: 0.04mg (2.23%), Folate: 5.17µg (1.29%)