



Buffalo Chicken Wings

READY IN



55 min.

SERVINGS



24

CALORIES



93 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 2 pounds chicken wings
- ☐ 2 tablespoons butter melted
- ☐ 0.5 cup flour all-purpose
- ☐ 0.5 teaspoon salt
- ☐ 0.3 teaspoon pepper
- ☐ 1 cup barbecue sauce
- ☐ 1 tablespoon sauce of the chicken from the turbo broiler
- ☐ 0.5 teaspoon cajun spice
- ☐ 0.3 teaspoon ground cumin

- ☐ 8 ounces cheese dressing blue
- ☐ 1 serving zucchini

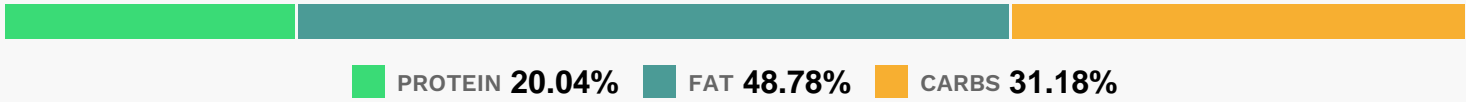
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ oven
- ☐ ziploc bags

Directions

- ☐ Cut each chicken wing at joints to make 3 pieces; discard tip.
- ☐ Cut off excess skin; discard.
- ☐ Heat oven to 425°. Melt margarine in rectangular pan, 13x9x2 inches, in oven.
- ☐ Mix flour, salt and pepper in large heavy-duty resealable plastic bag.
- ☐ Add chicken; seal bag tightly. Shake until chicken is completely coated with flour mixture.
- ☐ Place in pan.
- ☐ Bake uncovered 20 minutes; turn chicken.
- ☐ Mix barbecue sauce, pepper sauce, Cajun seasoning and cumin in medium bowl.
- ☐ Pour over chicken; toss until evenly coated with sauce.
- ☐ Bake uncovered 10 to 12 minutes longer or until light golden brown on outside and juice is no longer pink when centers of thickest pieces are cut.
- ☐ Serve with dressing and celery sticks.

Nutrition Facts



Properties

Glycemic Index:5.92, Glycemic Load:1.44, Inflammation Score:-1, Nutrition Score:2.21173913129%

Nutrients (% of daily need)

Calories: 93.29kcal (4.66%), Fat: 4.99g (7.68%), Saturated Fat: 1.36g (8.53%), Carbohydrates: 7.18g (2.39%), Net Carbohydrates: 6.98g (2.54%), Sugar: 4.24g (4.71%), Cholesterol: 15.81mg (5.27%), Sodium: 305.11mg (13.27%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 4.61g (9.23%), Vitamin B3: 1.45mg (7.23%), Selenium: 4.36µg (6.23%), Vitamin B6: 0.08mg (4.23%), Phosphorus: 40.53mg (4.05%), Vitamin B2: 0.05mg (2.83%), Iron: 0.46mg (2.57%), Vitamin A: 119.7IU (2.39%), Vitamin B1: 0.04mg (2.35%), Zinc: 0.34mg (2.25%), Manganese: 0.04mg (2.03%), Vitamin B5: 0.19mg (1.9%), Potassium: 64.96mg (1.86%), Magnesium: 6.69mg (1.67%), Calcium: 15.95mg (1.6%), Vitamin E: 0.23mg (1.54%), Folate: 6.15µg (1.54%), Vitamin B12: 0.09µg (1.47%), Copper: 0.02mg (1.12%)