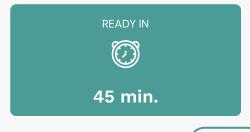
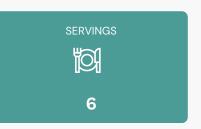


# **Buffalo Chicken Wings**

**Gluten Free** 







LUNCH

MAIN COURSE

MAIN DISH

DINNER

## **Ingredients**

0.5 cup cheese blue crumbled	
4 rib celery stalks	
3 pounds chicken wings (12 to 1	4)
1.5 tablespoons apple cider vin	egar
3 tablespoons hot sauce	
0.5 cup mayonnaise	
0.3 cup yogurt plain	

0.3 cup butter unsalted

	2 tablespoons vegetable oil (if grilling)
Eq	juipment
	bowl
	frying pan
	paper towels
	whisk
	grill
	kitchen thermometer
	slotted spoon
Di	rections
	In a bowl whisk together mayonnaise and yogurt and stir in blue cheese (dressing will not be smooth). Dressing may be made 8 hours ahead and chilled, covered
	Cut celery into thin sticks. Soak celery in a bowl of ice and cold water at least 30 minutes and up to 1 hour.
	Cut off chicken wing tips, reserving for another use, and halve chicken wings at joint.
	Preheat grill.
	Pat wings dry. In a bowl rub 2 tablespoons oil onto wings and season with salt. Grill wings on an oiled rack set 5 to 6 inches over glowing coals until cooked through and golden brown, 8 to 10 minutes on each side.
	In a large (5- to 6-quart) deep heavy kettle heat 6 cups oil until a deep-fat thermometer registers 380° F. Just before oil reaches 380°F, pat dry 6 or 7 wings. Carefully lower wings into oil and fry, stirring occasionally, until cooked through, golden, and crisp, 5 to 8 minutes. With a slotted spoon transfer wings to paper towels to drain. Pat dry and fry remaining wings in same manner, returning oil to 380°F between batches.
	In a large skillet melt butter over moderately low heat and stir in hot sauce, vinegar, and salt to taste.
	Add grilled or fried wings and toss to coat.
	Serve chicken wings warm or at room temperature with dressing and celery sticks.

## **Nutrition Facts**

### **Properties**

Glycemic Index:28, Glycemic Load:0.23, Inflammation Score:-4, Nutrition Score:11.80043472382%

#### **Flavonoids**

Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg

### **Nutrients** (% of daily need)

Calories: 554.24kcal (27.71%), Fat: 49.31g (75.86%), Saturated Fat: 15.54g (97.14%), Carbohydrates: 1.02g (0.34%), Net Carbohydrates: 0.99g (0.36%), Sugar: 0.75g (0.83%), Cholesterol: 132.24mg (44.08%), Sodium: 515.56mg (22.42%), Alcohol: Og (100%), Alcohol %: O% (100%), Protein: 25.51g (51.02%), Vitamin K: 40.07µg (38.16%), Vitamin B3: 7.4mg (37.01%), Selenium: 21.37µg (30.53%), Vitamin B6: 0.46mg (23.15%), Phosphorus: 222.26mg (22.23%), Zinc: 2.03mg (13.56%), Vitamin B5: 1.22mg (12.24%), Vitamin A: 537.99IU (10.76%), Vitamin E: 1.61mg (10.76%), Vitamin B2: 0.18mg (10.45%), Vitamin B12: 0.61µg (10.09%), Calcium: 91.26mg (9.13%), Potassium: 255.51mg (7.3%), Iron: 1.29mg (7.14%), Vitamin C: 5.79mg (7.02%), Magnesium: 26.82mg (6.7%), Vitamin B1: 0.07mg (4.66%), Copper: 0.06mg (3.15%), Folate: 11.51µg (2.88%), Vitamin D: 0.37µg (2.45%), Manganese: 0.04mg (1.92%)