



Buffalo Chicken Wings

 Gluten Free

READY IN



45 min.

SERVINGS



6

CALORIES



554 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.5 cup cheese blue crumbled
- ☐ 4 rib celery stalks
- ☐ 3 pounds chicken wings (12 to 14)
- ☐ 1.5 tablespoons apple cider vinegar
- ☐ 3 tablespoons hot sauce
- ☐ 0.5 cup mayonnaise
- ☐ 0.3 cup yogurt plain
- ☐ 0.3 cup butter unsalted

- ☐ 2 tablespoons vegetable oil (if grilling)

Equipment

- ☐ bowl
- ☐ frying pan
- ☐ paper towels
- ☐ whisk
- ☐ grill
- ☐ kitchen thermometer
- ☐ slotted spoon

Directions

- ☐ 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



 **PROTEIN 18.55%**  **FAT 80.7%**  **CARBS 0.75%**

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, 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 %: 0% (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 E: 1.61mg (10.76%), Vitamin A: 537.99IU (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%)