

Buffalo Chicken Wings

 Gluten Free

READY IN



40 min.

SERVINGS



4

CALORIES



945 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 0.5 cup cheese blue crumbled
- 0.5 cup butter
- 1 pound chicken wings
- 0.3 cup parsley fresh chopped
- 3 cloves garlic minced
- 0.1 teaspoon pepper black
- 0.5 teaspoon pepper white
- 1 tablespoon juice of lemon

- 1 cup mayonnaise
- 4 tablespoons onion minced
- 0.5 teaspoon hot sauce hot
- 0.1 teaspoon salt
- 0.5 cup cream sour
- 1 cup vegetable oil
- 1 tablespoon vinegar white

Equipment

- frying pan
- paper towels
- sauce pan
- oven
- mixing bowl
- baking pan
- deep fryer

Directions

- Preheat oven to 350 degrees F (175 degrees C).
- In a large frying pan or deep fryer, heat oil to 375 degrees F (190 degrees C). Fry wings for approximately 8 minutes.
- Transfer wings to a paper towel and let drain. Season with salt and white pepper. After the wings have drained, place them in a large mixing bowl.
- In a small saucepan, melt butter or margarine. Stir in hot pepper sauce.
- Pour mixture over chicken wings, toss to coat the wings.
- Place wings in a baking dish.
- Bake 15 to 20 minutes.
- While the chicken wings are baking, make the blue cheese dressing: In a medium size mixing bowl, combine mayonnaise, onion, garlic, parsley, sour cream, lemon juice, vinegar and blue cheese. Blend the mixture well. Arrange the baked chicken wings on a serving platter.

Serve with blue cheese dressing.

Nutrition Facts

PROTEIN 7.06% **FAT 91.03%** **CARBS 1.91%**

Properties

Glycemic Index:74.5, Glycemic Load:0.75, Inflammation Score:-8, Nutrition Score:14.990434796914%

Flavonoids

Eriodictyol: 0.18mg, Eriodictyol: 0.18mg, Eriodictyol: 0.18mg, Eriodictyol: 0.18mg Hesperetin: 0.54mg, Hesperetin: 0.54mg, Hesperetin: 0.54mg, Hesperetin: 0.54mg Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg Apigenin: 10.77mg, Apigenin: 10.77mg, Apigenin: 10.77mg, Apigenin: 10.77mg Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg Kaempferol: 0.15mg, Kaempferol: 0.15mg, Kaempferol: 0.15mg, Kaempferol: 0.15mg Myricetin: 0.78mg, Myricetin: 0.78mg, Myricetin: 0.78mg, Myricetin: 0.78mg Quercetin: 2.1mg, Quercetin: 2.1mg, Quercetin: 2.1mg, Quercetin: 2.1mg

Nutrients (% of daily need)

Calories: 944.69kcal (47.23%), Fat: 96.08g (147.81%), Saturated Fat: 31.62g (197.62%), Carbohydrates: 4.54g (1.51%), Net Carbohydrates: 4.06g (1.48%), Sugar: 1.99g (2.21%), Cholesterol: 161.3mg (53.77%), Sodium: 875.34mg (38.06%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 16.77g (33.53%), Vitamin K: 196.34µg (186.99%), Vitamin A: 1566.35IU (31.33%), Vitamin E: 3.77mg (25.13%), Selenium: 14.98µg (21.4%), Vitamin B3: 3.94mg (19.69%), Phosphorus: 196.85mg (19.69%), Vitamin B6: 0.31mg (15.34%), Calcium: 151.54mg (15.15%), Vitamin C: 10.66mg (12.92%), Vitamin B2: 0.2mg (11.67%), Zinc: 1.57mg (10.47%), Vitamin B5: 1.04mg (10.37%), Vitamin B12: 0.58µg (9.63%), Potassium: 249.69mg (7.13%), Iron: 1.2mg (6.66%), Folate: 24.28µg (6.07%), Magnesium: 23.59mg (5.9%), Manganese: 0.1mg (5%), Vitamin B1: 0.06mg (4.11%), Copper: 0.07mg (3.49%), Fiber: 0.48g (1.91%), Vitamin D: 0.26µg (1.72%)