



# Buffalo Chicken Wings I

 Gluten Free  Popular  Low Fod Map

READY IN



25 min.

SERVINGS



24

CALORIES



194 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

## Ingredients

- 4 tablespoons butter
- 24 chicken wings cut in half at joint
- 5 tablespoons pepper sauce hot
- 24 servings salt and pepper to taste
- 1 quart vegetable oil for deep frying
- 1 tablespoon distilled vinegar white

## Equipment

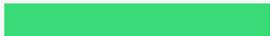
- frying pan

- paper towels
- deep fryer

## Directions

- Heat the oil in a large skillet or deep fryer to 375 degrees F (190 degrees C). Deep fry chicken wings in oil until done, about 10 minutes.
- Remove chicken from skillet or deep fryer and drain on paper towels.
- Melt the butter in a large skillet. Stir in the, vinegar and hot pepper sauce. Season with salt and pepper to taste.
- Add cooked chicken to sauce and stir over low heat to coat. The longer the wings simmer in the sauce, the hotter they will be.
- Serve warm.

## Nutrition Facts

 **PROTEIN 18.35%**  **FAT 81.55%**  **CARBS 0.1%**

## Properties

Glycemic Index:4.17, Glycemic Load:0, Inflammation Score:-2, Nutrition Score:3.9308695701639%

## Nutrients (% of daily need)

Calories: 193.56kcal (9.68%), Fat: 17.46g (26.87%), Saturated Fat: 4.56g (28.48%), Carbohydrates: 0.05g (0.02%), Net Carbohydrates: 0.04g (0.01%), Sugar: 0.04g (0.04%), Cholesterol: 42.02mg (14.01%), Sodium: 315.47mg (13.72%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 8.84g (17.69%), Vitamin B3: 2.86mg (14.28%), Vitamin K: 14.73µg (14.03%), Selenium: 7.48µg (10.68%), Vitamin B6: 0.17mg (8.63%), Phosphorus: 64.32mg (6.43%), Vitamin E: 0.85mg (5.64%), Zinc: 0.64mg (4.3%), Vitamin B5: 0.37mg (3.74%), Vitamin C: 2.36mg (2.86%), Vitamin B2: 0.05mg (2.67%), Vitamin A: 133.35IU (2.67%), Iron: 0.47mg (2.63%), Vitamin B12: 0.16µg (2.63%), Potassium: 79.49mg (2.27%), Magnesium: 8.84mg (2.21%), Vitamin B1: 0.02mg (1.61%), Copper: 0.02mg (1.03%)