



Buffalo Chicken Wings II

READY IN



45 min.

SERVINGS



24

CALORIES



83 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 3 tablespoons butter divided
- 12 chicken wings split
- 0.3 cup flour all-purpose
- 3 teaspoons pepper sauce hot
- 0.5 cup cheese salad dressing blue
- 0.3 teaspoon salt
- 1 tablespoon distilled vinegar white

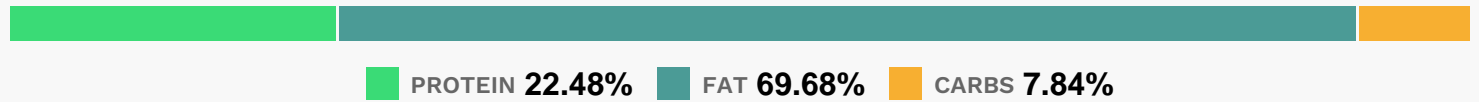
Equipment

- bowl
- oven
- baking pan

Directions

- Preheat oven to 350 degrees F (175 degrees C).
- Melt 2 tablespoons butter in a 9x13 inch baking dish in preheated oven. Coat chicken with flour, shake off excess and place in dish.
- Bake uncovered in preheated oven for 20 minutes. Turn pieces and bake uncovered for another 20 to 25 minutes, or until chicken is cooked through and no longer pink inside when thickest pieces are cut in the center.
- Drain on paper toweling.
- In a small bowl combine the remaining 1 tablespoon butter, vinegar, pepper sauce and salt and mix until well blended.
- Add chicken and toss until evenly coated with mixture.
- Serve with bleu cheese salad dressing.

Nutrition Facts



Properties

Glycemic Index:7.29, Glycemic Load:0.72, Inflammation Score:-1, Nutrition Score:1.9104347812093%

Nutrients (% of daily need)

Calories: 82.56kcal (4.13%), Fat: 6.3g (9.7%), Saturated Fat: 2.12g (13.27%), Carbohydrates: 1.6g (0.53%), Net Carbohydrates: 1.56g (0.57%), Sugar: 0.54g (0.6%), Cholesterol: 22.27mg (7.42%), Sodium: 114.89mg (5%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 4.58g (9.15%), Vitamin B3: 1.51mg (7.55%), Selenium: 4.28µg (6.12%), Vitamin B6: 0.09mg (4.43%), Phosphorus: 34.36mg (3.44%), Vitamin K: 2.88µg (2.74%), Zinc: 0.33mg (2.23%), Vitamin B5: 0.19mg (1.92%), Iron: 0.3mg (1.69%), Vitamin B2: 0.03mg (1.68%), Vitamin A: 81.63IU (1.63%), Vitamin B1: 0.02mg (1.53%), Vitamin E: 0.22mg (1.48%), Vitamin B12: 0.08µg (1.33%), Potassium: 44.15mg (1.26%), Magnesium: 4.92mg (1.23%)