



Buffalo Hot Wings



Gluten Free



Low Fod Map

READY IN



45 min.

SERVINGS



6

CALORIES



556 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.5 cup butter melted
- ☐ 3 pounds chicken wings
- ☐ 0.5 teaspoon basil dried
- ☐ 0.5 cup hot sauce
- ☐ 1.4 ounce salad dressing mix italian divided
- ☐ 2 tablespoons juice of lemon
- ☐ 6 servings ranch dressing

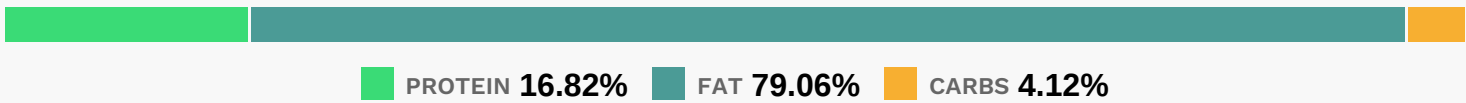
Equipment

- ☐ frying pan
- ☐ oven
- ☐ aluminum foil
- ☐ ziploc bags
- ☐ broiler pan

Directions

- ☐ Cut off wingtips, and discard; cut wings in half at joint, if desired.
- ☐ Place 1 package salad dressing mix in a large zip-top plastic bag; add wings, and shake to coat.
- ☐ Place wings in a single layer in a lightly greased aluminum foil-lined 15- x 10-inch jellyroll pan.
- ☐ Bake at 425 for 25 minutes or until browned.
- ☐ Remove pan from oven, and reduce heat to 35
- ☐ Stir together remaining package of salad dressing mix, butter, and next 3 ingredients.
- ☐ Pour over wings; bake at 350 for 30 more minutes.
- ☐ Serve with Ranch dressing.
- ☐ *1 (3-pound) package frozen wings, thawed and rinsed, may be substituted.
- ☐ Buffalo Tenders: Substitute 1 (28-ounce) package crispy chicken strips for wings.
- ☐ Place tenders on a lightly greased rack in a broiler pan.
- ☐ Bake at 400 for 15 minutes or until browned.
- ☐ Pour sauce over tenders, and bake at 400 for 5 more minutes. Makes 4 to 6 servings.
- ☐ Buffalo Tender Salad: Toss together romaine and iceberg lettuces, tomato wedges, sliced cucumber, and chopped onion. Top with Buffalo Tenders and croutons, and drizzle with Ranch or blue cheese dressing.

Nutrition Facts



Properties

Glycemic Index:8.33, Glycemic Load:0.01, Inflammation Score:-5, Nutrition Score:12.12391298491%

Flavonoids

Eriodictyol: 0.24mg, Eriodictyol: 0.24mg, Eriodictyol: 0.24mg, Eriodictyol: 0.24mg Hesperetin: 0.72mg, Hesperetin: 0.72mg, Hesperetin: 0.72mg, Hesperetin: 0.72mg Naringenin: 0.07mg, Naringenin: 0.07mg, Naringenin: 0.07mg, Naringenin: 0.07mg Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg

Nutrients (% of daily need)

Calories: 555.75kcal (27.79%), Fat: 48.34g (74.37%), Saturated Fat: 17.31g (108.2%), Carbohydrates: 5.66g (1.89%), Net Carbohydrates: 5.56g (2.02%), Sugar: 1.8g (2%), Cholesterol: 142.77mg (47.59%), Sodium: 1703.03mg (74.04%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 23.14g (46.29%), Vitamin K: 43.43µg (41.36%), Vitamin B3: 7.34mg (36.71%), Selenium: 20.23µg (28.9%), Vitamin B6: 0.47mg (23.65%), Phosphorus: 224.83mg (22.48%), Vitamin C: 17.75mg (21.52%), Vitamin A: 697.48IU (13.95%), Vitamin B5: 1.23mg (12.28%), Zinc: 1.73mg (11.52%), Vitamin E: 1.51mg (10.08%), Vitamin B2: 0.16mg (9.32%), Iron: 1.43mg (7.96%), Vitamin B12: 0.48µg (7.92%), Potassium: 250.93mg (7.17%), Magnesium: 25.82mg (6.45%), Vitamin B1: 0.07mg (4.85%), Copper: 0.06mg (3.2%), Calcium: 31.4mg (3.14%), Manganese: 0.05mg (2.66%), Folate: 9.12µg (2.28%), Vitamin D: 0.15µg (1.02%)