



Buffalo-Style Chicken Wings

READY IN



90 min.

SERVINGS



4

CALORIES



1251 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 0.5 cup cheese blue such as maytag (3 ounces) crumbled
- 4 servings carrot sticks for serving
- 0.5 teaspoon cayenne
- 4 servings celery stalks for serving
- 2 pounds chicken wings split
- 2 cups flour all-purpose
- 0.5 cup half-and-half
- 0.3 cup hot sauce to taste
- 4 servings kosher salt and pepper black freshly ground

- 1 tablespoon juice of lemon fresh
- 2 tablespoons juice of lemon fresh
- 1 cup mayonnaise
- 0.5 teaspoon salt fine
- 2 tablespoons cup heavy whipping cream sour
- 0.5 cup butter unsalted melted
- 4 servings vegetable oil for frying
- 0.3 teaspoon worcestershire sauce

Equipment

- bowl
- baking sheet
- oven
- whisk
- pot
- kitchen thermometer
- aluminum foil
- slotted spoon

Directions

- Special equipment: a deep-fry thermometer
- For the wings: Preheat the oven to 400 degrees F. Line 1 large or 2 small rimmed baking sheets with foil.
- Whisk together the flour, cayenne and salt in a large bowl.
- Heat 2 inches of oil in a large, heavy-bottomed pot over medium heat until a deep-fry thermometer registers 375 degrees F. Working in 3 batches, dredge the wings in the flour mixture and fry until lightly browned, 10 to 12 minutes per batch.
- Transfer the wings with a slotted spoon to a paper-towel-lined plate. (Make sure the oil returns to the proper temperature before frying each batch.)

- Combine the butter, hot sauce and lemon juice in a large bowl. Toss the fried wings in the hot sauce mixture; transfer the wings and sauce to the prepared baking sheet(s).
- Bake, flipping the wings occasionally, until they are crispy and have absorbed most of the sauce, about 35 minutes.
- Whisk together the mayonnaise, half-and-half, sour cream, lemon juice, salt, Worcestershire and 1/4 cup of the blue cheese in a medium bowl until smooth. Gently stir in the remaining 1/4 cup blue cheese and season with pepper to taste. Use immediately, or refrigerate for up to 3 days. (Makes about 2 1/2 cups dressing.)
- Transfer the wings to a serving platter and serve with the blue cheese dressing and celery and carrot sticks.

Nutrition Facts



Properties

Glycemic Index:73.71, Glycemic Load:36.84, Inflammation Score:-10, Nutrition Score:32.386522044306%

Flavonoids

Eriodictyol: 0.55mg, Eriodictyol: 0.55mg, Eriodictyol: 0.55mg, Eriodictyol: 0.55mg Hesperetin: 1.63mg, Hesperetin: 1.63mg, Hesperetin: 1.63mg, Hesperetin: 1.63mg Naringenin: 0.16mg, Naringenin: 0.16mg, Naringenin: 0.16mg, Naringenin: 0.16mg Apigenin: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg Luteolin: 0.08mg, Luteolin: 0.08mg, Luteolin: 0.08mg, Luteolin: 0.08mg Kaempferol: 0.16mg, Kaempferol: 0.16mg, Kaempferol: 0.16mg, Kaempferol: 0.16mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 0.18mg, Quercetin: 0.18mg, Quercetin: 0.18mg, Quercetin: 0.18mg

Nutrients (% of daily need)

Calories: 1251.3kcal (62.56%), Fat: 97.64g (150.22%), Saturated Fat: 33.07g (206.68%), Carbohydrates: 57.48g (19.16%), Net Carbohydrates: 53.81g (19.57%), Sugar: 5.63g (6.25%), Cholesterol: 205.61mg (68.54%), Sodium: 1400.93mg (60.91%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 35.15g (70.29%), Vitamin A: 12024.92IU (240.5%), Vitamin K: 108.96µg (103.77%), Selenium: 45.49µg (64.98%), Vitamin B3: 11.88mg (59.38%), Vitamin B1: 0.62mg (41.56%), Phosphorus: 372.64mg (37.26%), Vitamin B2: 0.62mg (36.75%), Folate: 146.25µg (36.56%), Vitamin B6: 0.63mg (31.56%), Manganese: 0.58mg (28.78%), Iron: 4.59mg (25.47%), Vitamin E: 3.81mg (25.37%), Vitamin C: 20.8mg (25.22%), Zinc: 2.95mg (19.66%), Vitamin B5: 1.95mg (19.49%), Calcium: 187.68mg (18.77%), Potassium: 616.58mg (17.62%), Fiber: 3.67g (14.67%), Magnesium: 54.25mg (13.56%), Vitamin B12: 0.78µg (13.05%), Copper: 0.2mg (10.22%), Vitamin D: 0.74µg (4.96%)