



Buffalo-Style Chicken Wings



Gluten Free



Low Fod Map

READY IN



25 min.

SERVINGS



6

CALORIES



1490 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 3 pounds chicken wings and drumettes
- ☐ 1 gallon oil for frying or as needed
- ☐ 1 ounce ranch salad dressing mix dry hidden valley ranch® (such as)
- ☐ 0.5 cup butter unsalted
- ☐ 1 tablespoon vinegar white

Equipment

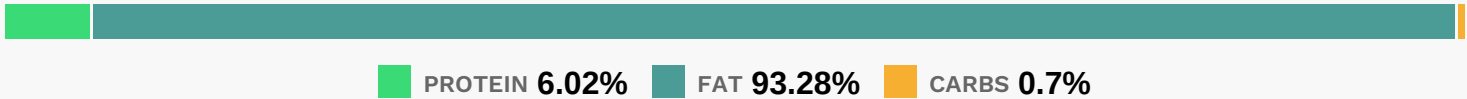
- ☐ sauce pan
- ☐ ladle

- ☐ mixing bowl
- ☐ kitchen thermometer

Directions

- ☐ Heat oil in a deep-fryer or large saucepan to 375 degrees F (190 degrees C).
- ☐ Fry chicken wings in small batches in hot oil until no longer pink at the bone and the juices run clear, about 15 minutes per batch. An instant-read thermometer inserted into the thickest part of the thigh, near the bone should read 165 degrees F (74 degrees C). Assure oil reaches 375 degrees F (190 degrees C) between batches.
- ☐ Melt butter in a saucepan over low heat. Stir hot sauce, ranch dressing mix, and vinegar into the melted butter.
- ☐ Put cooked chicken wings in a large mixing bowl. Ladle sauce over wings and toss to coat.

Nutrition Facts



Properties

Glycemic Index:8.33, Glycemic Load:0, Inflammation Score:-8, Nutrition Score:15.879565140475%

Nutrients (% of daily need)

Calories: 1490.18kcal (74.51%), Fat: 155.84g (239.75%), Saturated Fat: 24.1g (150.65%), Carbohydrates: 2.64g (0.88%), Net Carbohydrates: 2.64g (0.96%), Sugar: 0.01g (0.01%), Cholesterol: 134.97mg (44.99%), Sodium: 445.91mg (19.39%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 22.61g (45.22%), Vitamin E: 21.97mg (146.46%), Vitamin K: 87.55µg (83.38%), Vitamin B3: 7.27mg (36.33%), Selenium: 19.19µg (27.41%), Vitamin B6: 0.43mg (21.46%), Phosphorus: 166.31mg (16.63%), Vitamin A: 652.76IU (13.06%), Zinc: 1.65mg (10.97%), Vitamin B5: 0.96mg (9.59%), Vitamin B12: 0.42µg (7.07%), Vitamin B2: 0.11mg (6.72%), Iron: 1.17mg (6.49%), Magnesium: 22.45mg (5.61%), Potassium: 195.65mg (5.59%), Vitamin B1: 0.06mg (3.98%), Vitamin D: 0.41µg (2.71%), Copper: 0.05mg (2.67%), Calcium: 19.4mg (1.94%), Folate: 5.47µg (1.37%), Manganese: 0.02mg (1.21%), Vitamin C: 0.86mg (1.04%)