



Buffalo-Style Drummettes with Blue Cheese Dip

 Gluten Free

READY IN



45 min.

SERVINGS



15

CALORIES



269 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 0.3 teaspoon pepper black freshly ground
- 30 carrots
- 30 celery stalks
- 15 servings cheese blue
- 3 pounds chicken wings (30 drummettes)
- 2 tablespoons apple cider vinegar
- 2 garlic clove minced

- 0.8 cup hot sauce thick
- 1 teaspoon worcestershire sauce reduced-sodium

Equipment

- frying pan
- paper towels
- oven
- aluminum foil
- slow cooker

Directions

- Preheat oven to 450
- Line a jelly-roll pan with foil; coat foil with cooking spray.
- Place chicken on prepared pan; sprinkle with pepper. Lightly coat chicken with cooking spray.
- Bake, uncovered, at 450 for 7 minutes or until lightly browned.
- Combine hot sauce and next 3 ingredients (through garlic) in an oval 4-quart electric slow cooker coated with cooking spray.
- Remove chicken from pan; drain on paper towels.
- Place chicken in slow cooker, tossing gently to coat with sauce. Cover and cook on HIGH for 3 hours or until chicken is very tender.
- Serve with Blue Cheese Dip, carrot sticks, and celery sticks.

Nutrition Facts



Properties

Glycemic Index:13.86, Glycemic Load:4.15, Inflammation Score:-10, Nutrition Score:16.434782696807%

Flavonoids

Apigenin: 0.23mg, Apigenin: 0.23mg, Apigenin: 0.23mg, Apigenin: 0.23mg Luteolin: 0.22mg, Luteolin: 0.22mg, Luteolin: 0.22mg, Luteolin: 0.22mg Kaempferol: 0.31mg, Kaempferol: 0.31mg, Kaempferol: 0.31mg, Kaempferol:

0.31mg Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg Quercetin: 0.29mg, Quercetin: 0.29mg, Quercetin: 0.29mg, Quercetin: 0.29mg

Nutrients (% of daily need)

Calories: 268.52kcal (13.43%), Fat: 16.79g (25.83%), Saturated Fat: 7.85g (49.09%), Carbohydrates: 13.09g (4.36%), Net Carbohydrates: 9.49g (3.45%), Sugar: 6.24g (6.94%), Cholesterol: 60.22mg (20.07%), Sodium: 793.88mg (34.52%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 16.68g (33.36%), Vitamin A: 20738.13IU (414.76%), Phosphorus: 227.77mg (22.78%), Vitamin B3: 4.47mg (22.35%), Calcium: 210.14mg (21.01%), Vitamin B6: 0.42mg (20.97%), Vitamin C: 16.94mg (20.54%), Vitamin K: 19.52µg (18.59%), Selenium: 12.16µg (17.37%), Potassium: 588.41mg (16.81%), Fiber: 3.6g (14.39%), Vitamin B2: 0.24mg (14.35%), Vitamin B5: 1.26mg (12.63%), Zinc: 1.77mg (11.82%), Manganese: 0.22mg (10.8%), Folate: 39.59µg (9.9%), Vitamin B12: 0.52µg (8.71%), Magnesium: 32.15mg (8.04%), Vitamin B1: 0.12mg (7.99%), Vitamin E: 1.06mg (7.09%), Iron: 1.03mg (5.74%), Copper: 0.1mg (4.79%), Vitamin D: 0.2µg (1.33%)