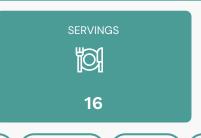


## **Buffalo Wings**







ANTIPASTI

STARTER

SNACK

APPETIZER

## Ingredients

Ш	2 quarts cooking oil for frying
	0.5 cup flour all-purpose
	0.3 teaspoon paprika
	0.3 teaspoon ground pepper red (cayenne)
	0.3 teaspoon salt
	2 lb chicken drummettes
	0.3 cup butter

0.3 cup hot sauce red

0.1 teaspoon pepper black

O.1 teaspoon garlic powder		
Equipment		
bowl		
paper towels		
sauce pan		
ziploc bags		
deep fryer		
Directions		
In deep fryer or 3-quart heavy saucepan, heat oil to 375°F.		
In 1-gallon resealable food-storage plastic bag, mix flour, paprika, red pepper, and salt.		
Add chicken, seal bag and shake until chicken is coated with flour.		
Fry chicken in batches (to avoid over crowding) about 10 minutes each or until brown and no longer pink in center.		
Drain on paper towels.		
Meanwhile, in 1-quart saucepan combine butter, pepper sauce, black pepper and garlic powder; cook over medium-high heat, 3 to 5 minutes, stirring occasionally, until butter is melted and mixture is blended.		
In large bowl, toss chicken with butter mixture until completely coated.		
Nutrition Facts		
PROTEIN 7.59% FAT 88.52% CARBS 3.89%		
Properties Glycemic Index:13.06, Glycemic Load:2.16, Inflammation Score:-3, Nutrition Score:4.6965217363575%		

## Nutrients (% of daily need)

Calories: 317.48kcal (15.87%), Fat: 31.49g (48.44%), Saturated Fat: 4.95g (30.91%), Carbohydrates: 3.11g (1.04%), Net Carbohydrates: 2.97g (1.08%), Sugar: 0.07g (0.07%), Cholesterol: 31.2mg (10.4%), Sodium: 180.73mg (7.86%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 6.08g (12.16%), Vitamin E: 4.34mg (28.93%), Vitamin K: 17.29µg

(16.47%), Vitamin B3: 2.06mg (10.31%), Selenium: 6.12μg (8.74%), Vitamin B6: 0.12mg (5.84%), Phosphorus: 46.21mg (4.62%), Vitamin C: 3.04mg (3.69%), Vitamin A: 168.2IU (3.36%), Vitamin B1: 0.05mg (3.15%), Vitamin B2: 0.05mg (3.01%), Zinc: 0.44mg (2.97%), Iron: 0.5mg (2.79%), Vitamin B5: 0.26mg (2.61%), Folate: 8.77μg (2.19%), Manganese: 0.04mg (1.87%), Vitamin B12: 0.1μg (1.73%), Potassium: 60.03mg (1.72%), Magnesium: 6.78mg (1.69%)