



Buffalo Wings

READY IN



50 min.

SERVINGS



16

CALORIES



317 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 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 drumettes
- 0.3 cup butter
- 0.3 cup hot sauce red
- 0.1 teaspoon pepper black

0.1 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: 0g (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%)