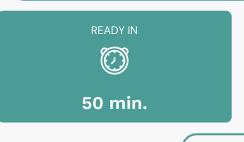


Buffalo Wings







ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

O.1 teaspoon pepper black
O.3 cup butter
2 lb chicken drummettes
0.5 cup flour all-purpose
O.1 teaspoon garlic powder
O.3 teaspoon ground pepper red (cayenne)
2 quarts cooking oil for frying
0.3 teaspoon paprika

0.3 cup hot sauce red

0.3 teaspoon salt
Equipment
bowl
paper towels
sauce pan
ziploc bags
deep fryer
Directions
In deep fryer or 3-quart heavy saucepan, heat oil to 375F.
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%)