



Buffalo Wings

READY IN



50 min.

SERVINGS



16

CALORIES



317 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 0.1 teaspoon pepper black
- 0.3 cup butter
- 2 lb chicken drumettes
- 0.5 cup flour all-purpose
- 0.1 teaspoon garlic powder
- 0.3 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: 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%)