



Buffalo Wings



Gluten Free



Low Fod Map

READY IN



70 min.

SERVINGS



30

CALORIES



51 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 1 teaspoon suya seasoning mix
- ☐ 0.3 cup butter melted
- ☐ 2 pounds chicken wings
- ☐ 0.3 cup hot sauce
- ☐ 0.5 teaspoon pepper black
- ☐ 0.5 teaspoons pepper red crushed

Equipment

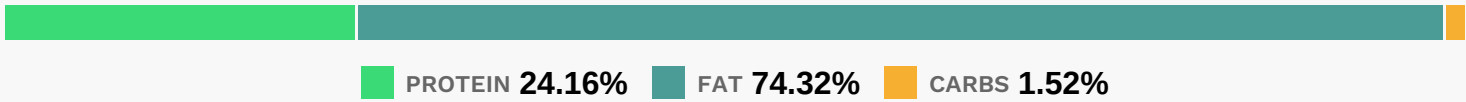
- ☐ oven

☐ baking pan

Directions

- ☐ Preheat oven to 400F.
- ☐ Layer chicken wings on shallow baking pan that has been sprayed with cooking spray.
- ☐ Bake for 45 minutes, turning once.
- ☐ Combine hot sauce, butter, Beau Monde seasoning, black pepper and desired amount of crushed red pepper.
- ☐ Mix well.
- ☐ Drizzle over wings. Continue baking for 15 minutes until wings are tender and lightly browned. Delicious served with Beau Monde Dip.

Nutrition Facts



Properties

Glycemic Index:3.97, Glycemic Load:0.01, Inflammation Score:-1, Nutrition Score:1.3421739061242%

Nutrients (% of daily need)

Calories: 50.64kcal (2.53%), Fat: 4.16g (6.4%), Saturated Fat: 1.71g (10.68%), Carbohydrates: 0.19g (0.06%), Net Carbohydrates: 0.1g (0.04%), Sugar: 0.03g (0.04%), Cholesterol: 16.64mg (5.55%), Sodium: 77mg (3.35%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.04g (6.08%), Vitamin B3: 0.98mg (4.91%), Selenium: 2.56µg (3.66%), Vitamin B6: 0.06mg (3.11%), Phosphorus: 22.58mg (2.26%), Vitamin C: 1.61mg (1.96%), Vitamin A: 77.68IU (1.55%), Zinc: 0.23mg (1.51%), Vitamin B5: 0.13mg (1.32%), Iron: 0.23mg (1.29%), Vitamin K: 1.31µg (1.25%), Vitamin B2: 0.02mg (1.04%), Manganese: 0.02mg (1.03%)