



Buffalo Wings



Gluten Free



Popular

READY IN



60 min.

SERVINGS



24

CALORIES



111 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 2 lbs chicken wings (12 wings)
- ☐ 3 Tbsp butter melted
- ☐ 4 Tbsp bottled pepper sauce hot (like Crystal or Frank's Original)
- ☐ 1 Tbsp paprika
- ☐ 0.5 teaspoon salt
- ☐ 0.5 teaspoon cayenne pepper
- ☐ 0.3 teaspoon pepper black
- ☐ 0.5 cup cup heavy whipping cream sour

- ☐ 0.5 cup cheese blue crumbled
- ☐ 0.5 cup mayonnaise
- ☐ 1 Tbsp white vinegar
- ☐ 1 clove garlic minced

Equipment

- ☐ bowl
- ☐ oven
- ☐ blender
- ☐ cutting board
- ☐ broiler pan

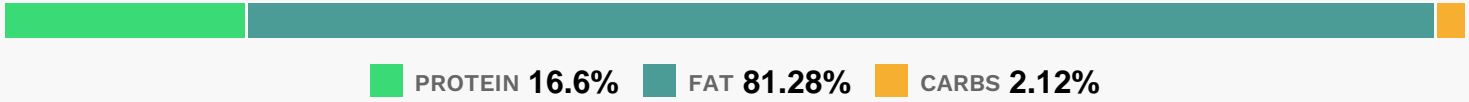
Directions

- ☐ Cut off wing tips (discard or reserve for other use such as making stock).
- ☐ Cut wings at the joint. Put chicken wing pieces in a large bowl. Set aside.
- ☐ Food safety note: when cutting raw chicken it is best to use a cutting board reserved just for cutting raw chicken. Wash thoroughly when finished. Do not let raw chicken juices come in contact with other food.
- ☐ Prepare marinade: Create a marinade by stirring together the melted butter, hot pepper sauce, paprika, salt, cayenne pepper and black pepper in a large bowl.
- ☐ Remove 2 tablespoons of the marinade and set aside (you will use to coat the wings after they come out of the oven.)
- ☐ Add the chicken wings to the bowl with the marinade and toss to coat all of the wings with the marinade.
- ☐ Let the chicken wings marinate at room temperature for half an hour.
- ☐ the wings:
- ☐ Remove the wings from the marinade (discard the marinade) and place them on the rack of a broiler pan. Broil 4 to 5 inches from the heat for about 10 minutes on each side, until chicken is tender and no longer pink.
- ☐ Prepare the blue cheese dip: While the wings are cooking, place the sour cream, blue cheese, mayonnaise, vinegar, and garlic in a blender and pulse until smooth. Cover and chill. (Dip will

last up to a week.)

- ☐
- Remove the chicken wings from oven and baste with the 2 Tbsp of reserved marinade (not the marinade that was in contact with the raw chicken).
- ☐
- Serve with Blue Cheese Dip and celery sticks.

Nutrition Facts



Properties

Glycemic Index:9.83, Glycemic Load:0.06, Inflammation Score:-2, Nutrition Score:2.6113043595915%

Nutrients (% of daily need)

Calories: 110.72kcal (5.54%), Fat: 9.98g (15.35%), Saturated Fat: 3.39g (21.2%), Carbohydrates: 0.59g (0.2%), Net Carbohydrates: 0.46g (0.17%), Sugar: 0.27g (0.3%), Cholesterol: 26.43mg (8.81%), Sodium: 195.77mg (8.51%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 4.59g (9.17%), Vitamin K: 8.22µg (7.83%), Vitamin B3: 1.28mg (6.41%), Vitamin A: 289.23IU (5.78%), Selenium: 3.91µg (5.59%), Vitamin B6: 0.09mg (4.53%), Phosphorus: 44.4mg (4.44%), Zinc: 0.39mg (2.59%), Vitamin B2: 0.04mg (2.59%), Vitamin E: 0.38mg (2.52%), Calcium: 24.21mg (2.42%), Vitamin B5: 0.24mg (2.42%), Vitamin C: 1.88mg (2.28%), Vitamin B12: 0.12µg (1.97%), Potassium: 57.84mg (1.65%), Iron: 0.3mg (1.65%), Magnesium: 5.65mg (1.41%)