



Buffalo wings with blue cheese dip

 Gluten Free

READY IN



60 min.

SERVINGS



6

CALORIES



390 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 4 tbsp butter
- ☐ 5 tbsp hot sauce such as tabasco sauce
- ☐ 1 tbsp citrus champagne vinegar
- ☐ 900 g kg 2lb 4oz chicken wings
- ☐ 6 servings unrefined sunflower oil for frying
- ☐ 1 sticks celery to serve
- ☐ 150 ml buttermilk
- ☐ 150 ml soured cream

- ☐ 85 g cheese blue crumbled
- ☐ 1 garlic clove crushed
- ☐ 0.3 tsp paprika sweet

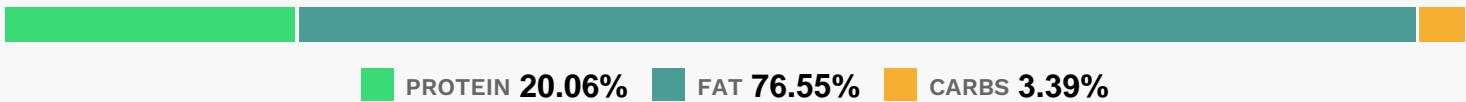
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ sauce pan

Directions

- ☐ Slowly melt the butter, hot sauce and vinegar in a medium saucepan, then pour into a large bowl.
- ☐ Mix all the ingredients for the blue cheese dip together with a pinch of salt. Cover and chill until needed.
- ☐ Trim the end off each chicken wing, then cut each in half through the joint. Tip the wings into a bowl.
- ☐ Add the celery salt (if using), seasoning and enough flour so theyre all evenly coated.
- ☐ Heat 4 tbsp oil in a large, deep frying pan and add the wings (do this in 2 batches if your pan isnt big enough). Fry them, stirring frequently, until they are cooked through and browned all over, about 10 mins for each batch. As soon as they are cooked, transfer them to the bowl of butter sauce and stir well. Repeat with the second batch.
- ☐ Serve the wings on a platter with any extra buttery sauce poured over and the blue cheese dip and celery sticks on the side

Nutrition Facts



Properties

Glycemic Index:30.83, Glycemic Load:0.55, Inflammation Score:-5, Nutrition Score:9.8165216938309%

Flavonoids

Apigenin: 0.19mg, Apigenin: 0.19mg, Apigenin: 0.19mg, Apigenin: 0.19mg Luteolin: 0.07mg, Luteolin: 0.07mg, Luteolin: 0.07mg, Luteolin: 0.07mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg

Nutrients (% of daily need)

Calories: 389.88kcal (19.49%), Fat: 33.1g (50.92%), Saturated Fat: 14.37g (89.79%), Carbohydrates: 3.3g (1.1%), Net Carbohydrates: 3.13g (1.14%), Sugar: 2.38g (2.65%), Cholesterol: 110.48mg (36.83%), Sodium: 609.08mg (26.48%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 19.51g (39.02%), Vitamin B3: 5.05mg (25.27%), Selenium: 16.64µg (23.78%), Phosphorus: 208.06mg (20.81%), Vitamin B6: 0.36mg (17.82%), Vitamin A: 745.56IU (14.91%), Calcium: 145.28mg (14.53%), Vitamin B2: 0.23mg (13.37%), Vitamin E: 1.81mg (12.09%), Vitamin C: 9.26mg (11.23%), Zinc: 1.67mg (11.13%), Vitamin B5: 1.09mg (10.87%), Vitamin B12: 0.62µg (10.26%), Potassium: 267.32mg (7.64%), Magnesium: 24.64mg (6.16%), Iron: 0.94mg (5.24%), Vitamin B1: 0.07mg (4.45%), Vitamin K: 3.88µg (3.7%), Folate: 14.46µg (3.61%), Vitamin D: 0.48µg (3.21%), Copper: 0.06mg (2.86%), Manganese: 0.04mg (2.13%)