



Chicken Wings with Blue Cheese Dip

 Gluten Free

READY IN



55 min.

SERVINGS



10

CALORIES



387 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 4 ounces cheese blue crumbled
- 3 pounds chicken wings separated
- 0.3 teaspoon garlic powder
- 1 teaspoon garlic powder
- 0.3 cup hot sauce (such as Frank's RedHot)
- 0.3 cup catsup
- 1 tablespoon juice of lemon
- 0.8 cup mayonnaise

- 1 teaspoon onion powder
- 0.3 cup red wine vinegar
- 1 tablespoon red wine vinegar
- 10 servings salt and pepper
- 0.3 cup cream sour
- 1 tablespoon spicy brown mustard
- 1 tablespoon sugar
- 4 tablespoons butter unsalted
- 1 tablespoon worcestershire sauce

Equipment

- bowl
- frying pan
- baking sheet
- oven
- wire rack
- aluminum foil

Directions

- Make dip: In a bowl, combine blue cheese, mayonnaise, sour cream, vinegar, lemon juice and garlic powder, stirring well. Season with salt and pepper. Cover and chill for 2 hours.
- Make wings: Preheat oven to 450F. Line a large rimmed baking sheet with foil.
- Place a large cooling rack on top of sheet and mist with cooking spray.
- In a small pan, combine ketchup, hot sauce, vinegar, mustard, Worcestershire sauce, onion powder, garlic powder, sugar and butter. Cook over low heat, stirring, until well combined and smooth.
- Pour into a bowl and let cool.
- Pour 1/4 cup of sauce into a small bowl; cover and set aside. In a large bowl, toss wings with 1/2 cup sauce until coated.

- Place wings on rack. Roast for 10 minutes, then brush with more sauce. Roast 10 minutes longer; brush with more sauce. Turn wings over, brush with sauce and roast 10 minutes.
- Brush with more sauce and roast for a final 10 minutes.
- Remove wings to a large bowl and toss with reserved sauce.
- Serve with blue cheese dip on the side.

Nutrition Facts

PROTEIN 17.19%

FAT 78.08%

CARBS 4.73%

Properties

Glycemic Index:18.91, Glycemic Load:0.97, Inflammation Score:-3, Nutrition Score:8.5143478668254%

Flavonoids

Eriodictyol: 0.07mg, Eriodictyol: 0.07mg, Eriodictyol: 0.07mg, Eriodictyol: 0.07mg Hesperetin: 0.22mg, Hesperetin: 0.22mg, Hesperetin: 0.22mg, Hesperetin: 0.22mg Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg Quercetin: 0.06mg, Quercetin: 0.06mg, Quercetin: 0.06mg, Quercetin: 0.06mg

Nutrients (% of daily need)

Calories: 386.55kcal (19.33%), Fat: 33.3g (51.24%), Saturated Fat: 10.85g (67.78%), Carbohydrates: 4.54g (1.51%), Net Carbohydrates: 4.37g (1.59%), Sugar: 3.15g (3.51%), Cholesterol: 87.57mg (29.19%), Sodium: 739.67mg (32.16%), Alcohol: 0g (0%), Alcohol %: 0% (0%), Protein: 16.49g (32.99%), Vitamin K: 28.51µg (27.15%), Vitamin B3: 4.6mg (23.02%), Selenium: 14.38µg (20.54%), Phosphorus: 158.06mg (15.81%), Vitamin B6: 0.31mg (15.41%), Zinc: 1.38mg (9.21%), Vitamin A: 424.23IU (8.48%), Vitamin B2: 0.14mg (8.35%), Vitamin B5: 0.83mg (8.33%), Calcium: 83.19mg (8.32%), Vitamin C: 6.21mg (7.52%), Vitamin E: 1.06mg (7.06%), Vitamin B12: 0.42µg (6.92%), Potassium: 208.65mg (5.96%), Iron: 1.01mg (5.62%), Magnesium: 19.7mg (4.92%), Vitamin B1: 0.05mg (3.43%), Copper: 0.06mg (2.78%), Folate: 10.12µg (2.53%), Manganese: 0.04mg (2.14%), Vitamin D: 0.25µg (1.65%)