



Chicken Wings with Red Hot Honey Glaze and Blue Cheese-Celery Dipping Sauce

READY IN



75 min.

SERVINGS



4

CALORIES



1195 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 4 servings pepper black freshly ground
- ☐ 0.5 cup cheese blue crumbled recommended: Cabrales
- ☐ 0.3 cup celery diced finely
- ☐ 24 chicken wings
- ☐ 2 tablespoons chives fresh finely chopped
- ☐ 0.5 cup greek yogurt
- ☐ 0.5 cup honey
- ☐ 1 cup hot sauce

- ☐ 0.5 cup mayonnaise
- ☐ 1 tablespoon red wine vinegar
- ☐ 4 servings salt
- ☐ 6 tablespoons butter unsalted
- ☐ 1 teaspoon worcestershire sauce

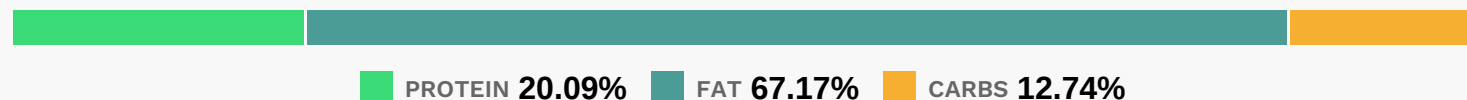
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ sauce pan
- ☐ whisk
- ☐ grill

Directions

- ☐ Heat grill to medium-high.
- ☐ Combine the hot sauce, honey and butter in a small saucepan and cook over medium heat until the butter is melted and the mixture comes together, about 5 minutes. Stir in the vinegar and season with salt and pepper.
- ☐ Pour half of the sauce in a bowl and keep the remaining sauce in the pan, warm over low heat.
- ☐ Season the wings on both sides with the salt and pepper.
- ☐ Brush the wings with the reserved sauce in the bowl and place on the grill. Grill on each side for 5 minutes or until golden brown and cooked through.
- ☐ Remove wings from the grill and toss with the warm hot sauce.
- ☐ Transfer to a platter and serve with the blue cheese sauce on the side for dipping.
- ☐ Whisk together all ingredients in a medium bowl and season with salt and pepper. Cover and refrigerate for at least 30 minutes before serving.

Nutrition Facts



Properties

Glycemic Index:59.57, Glycemic Load:18.45, Inflammation Score:-7, Nutrition Score:28.066521706788%

Flavonoids

Apigenin: 0.18mg, Apigenin: 0.18mg, Apigenin: 0.18mg, Apigenin: 0.18mg Luteolin: 0.07mg, Luteolin: 0.07mg, Luteolin: 0.07mg, Luteolin: 0.07mg Isorhamnetin: 0.1mg, Isorhamnetin: 0.1mg, Isorhamnetin: 0.1mg, Isorhamnetin: 0.1mg Kaempferol: 0.16mg, Kaempferol: 0.16mg, Kaempferol: 0.16mg, Kaempferol: 0.16mg Quercetin: 0.1mg, Quercetin: 0.1mg, Quercetin: 0.1mg

Nutrients (% of daily need)

Calories: 1194.82kcal (59.74%), Fat: 89.21g (137.25%), Saturated Fat: 30.2g (188.76%), Carbohydrates: 38.06g (12.69%), Net Carbohydrates: 37.63g (13.68%), Sugar: 36.88g (40.98%), Cholesterol: 292.85mg (97.62%), Sodium: 2399.88mg (104.34%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 60.03g (120.06%), Vitamin B3: 17.57mg (87.84%), Selenium: 50.86µg (72.66%), Vitamin C: 48.39mg (58.66%), Vitamin B6: 1.17mg (58.38%), Vitamin K: 54.18µg (51.6%), Phosphorus: 502.9mg (50.29%), Zinc: 4.66mg (31.06%), Vitamin B2: 0.47mg (27.86%), Vitamin B5: 2.77mg (27.71%), Vitamin A: 1289.21IU (25.78%), Vitamin B12: 1.37µg (22.88%), Potassium: 683.05mg (19.52%), Iron: 3.48mg (19.35%), Calcium: 172.37mg (17.24%), Magnesium: 64.93mg (16.23%), Vitamin E: 2.41mg (16.07%), Vitamin B1: 0.18mg (11.86%), Copper: 0.18mg (8.97%), Folate: 29.82µg (7.46%), Manganese: 0.15mg (7.44%), Vitamin D: 0.74µg (4.96%), Fiber: 0.43g (1.71%)