



## Classic Hot Wings

 Gluten Free

READY IN



40 min.

SERVINGS



4

CALORIES



983 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

## Ingredients

- 1 stick butter
- 4 servings canola oil for frying
- 4 servings celery stalks for serving
- 4 servings queso asadero blue for serving
- 24 chicken wing parts separated (12 wings into 2 pieces)
- 1 dashes several hot sauce such as tabasco
- 12 ounce cayenne pepper sauce such as frank's hot
- 1 dashes several worcestershire sauce

## Equipment

- paper towels
- sauce pan
- oven
- pot

## Directions

- Watch how to make this recipe.
- Preheat the oven to 325 degrees F.
- Heat 3 inches of canola oil in a heavy pot to 375 degrees F.
- Add half the chicken wing parts to the oil and fry them until they're golden brown and fully cooked, 5 to 7 minutes.
- Remove and drain on paper towels. Repeat with the other half of the wing parts. In a saucepan, heat the cayenne sauce and butter over medium-low heat.
- Add the Worcestershire and hot sauce.
- Let it bubble up, and then turn off the heat.
- Place the wings in an ovenproof dish and pour the hot sauce over the top. Toss to coat, and then bake in the oven for 15 minutes.
- Serve with blue cheese dip, celery sticks... and your favorite cold, fizzy beverage.

## Nutrition Facts

   
 **PROTEIN 24.59%**  **FAT 74.47%**  **CARBS 0.94%**

## Properties

Glycemic Index:27.25, Glycemic Load:0.2, Inflammation Score:-8, Nutrition Score:26.911739520405%

## Flavonoids

Apigenin: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg

## Nutrients (% of daily need)

Calories: 983.05kcal (49.15%), Fat: 80.69g (124.14%), Saturated Fat: 33.3g (208.12%), Carbohydrates: 2.29g (0.76%), Net Carbohydrates: 2.01g (0.73%), Sugar: 1.28g (1.42%), Cholesterol: 305.27mg (101.76%), Sodium: 2989.69mg (129.99%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 59.96g (119.91%), Vitamin B3: 17.63mg (88.14%), Vitamin C: 65.72mg (79.66%), Selenium: 49.33µg (70.48%), Vitamin B6: 1.19mg (59.71%), Phosphorus: 513.26mg (51.33%), Zinc: 4.75mg (31.69%), Vitamin A: 1501.26IU (30.03%), Vitamin B5: 2.85mg (28.55%), Vitamin B2: 0.45mg (26.39%), Vitamin B12: 1.34µg (22.28%), Calcium: 207.26mg (20.73%), Potassium: 660.53mg (18.87%), Iron: 3.26mg (18.12%), Magnesium: 63.77mg (15.94%), Vitamin E: 2.19mg (14.6%), Vitamin B1: 0.18mg (11.97%), Copper: 0.15mg (7.74%), Folate: 28.67µg (7.17%), Vitamin K: 7.03µg (6.7%), Manganese: 0.1mg (4.87%), Vitamin D: 0.44µg (2.92%), Fiber: 0.27g (1.08%)