

Deidra's Hot Wings



Gluten Free



Dairy Free



Low Fod Map

READY IN



210 min.

SERVINGS



12

CALORIES



189 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 4 tablespoons cajun spice
- ☐ 4 pounds chicken wings
- ☐ 5 ounce hot sauce

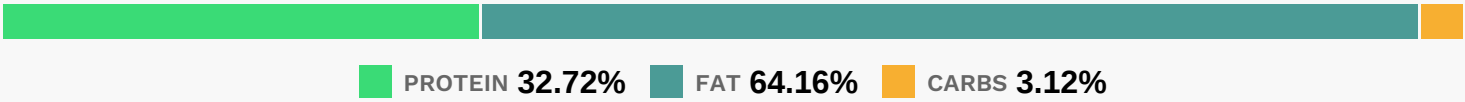
Equipment

- ☐ baking sheet
- ☐ oven

Directions

- ☐ Rinse wings in cold water and place on baking sheets. Generously sprinkle Cajun seasoning on both sides of chicken, then dash all with hot sauce (enough to cover wings, without leaking off baking sheets). Refrigerate for 3 hours.
- ☐ Preheat oven to 400 degrees F (200 degrees C).
- ☐ Bake chicken in preheated oven for 20 minutes. Turn and bake for another 10 minutes, or until chicken is cooked through (juices run clear).
- ☐ Serve with blue cheese or ranch salad dressing, if desired.

Nutrition Facts



Properties

Glycemic Index:1.25, Glycemic Load:0.07, Inflammation Score:-7, Nutrition Score:7.744347911814%

Nutrients (% of daily need)

Calories: 189.13kcal (9.46%), Fat: 13.38g (20.59%), Saturated Fat: 3.71g (23.21%), Carbohydrates: 1.47g (0.49%), Net Carbohydrates: 0.62g (0.22%), Sugar: 0.39g (0.43%), Cholesterol: 62.87mg (20.96%), Sodium: 373.39mg (16.23%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 15.36g (30.71%), Vitamin A: 1288.42IU (25.77%), Vitamin B3: 5.1mg (25.52%), Selenium: 12.8µg (18.29%), Vitamin B6: 0.35mg (17.71%), Phosphorus: 116.4mg (11.64%), Vitamin C: 9.43mg (11.43%), Zinc: 1.2mg (8%), Iron: 1.33mg (7.36%), Vitamin B5: 0.7mg (6.97%), Vitamin B2: 0.11mg (6.48%), Vitamin E: 0.94mg (6.25%), Potassium: 197.58mg (5.65%), Magnesium: 19.44mg (4.86%), Vitamin B12: 0.26µg (4.35%), Vitamin B1: 0.05mg (3.41%), Fiber: 0.85g (3.4%), Manganese: 0.06mg (2.88%), Copper: 0.05mg (2.67%), Vitamin K: 2.16µg (2.05%), Calcium: 16.09mg (1.61%), Folate: 5.12µg (1.28%)