



Easy Buffalo Wings

 Gluten Free

READY IN



45 min.

SERVINGS



8

CALORIES



269 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 0.5 cup buttermilk
- 3 pounds chicken wings separated
- 0.5 teaspoon garlic powder
- 12 ounces hot sauce
- 4 tablespoons butter unsalted melted ()

Equipment

- bowl
- baking sheet

- oven
- wire rack
- aluminum foil
- broiler
- ziploc bags
- tongs

Directions

- Place 1 cup of the hot sauce, the buttermilk, and the garlic powder in a large resealable plastic bag and stir to combine.
- Add the wings; seal the bag, pressing out any excess air; and turn the bag to coat the wings evenly.
- Let marinate in the refrigerator, turning occasionally, for at least 2 hours or up to 12 hours.
- Heat the broiler to high and arrange a rack in the middle of the oven. Cover a baking sheet with aluminum foil and place a wire rack on it.
- Remove the wings from the marinade, letting any excess drip off, and arrange in a single layer on the rack. (If possible, don't allow the wings to touch.) Discard the marinade and broil the wings until the meat starts to pull away from the bones and the skin is deep golden brown, bubbling, and crisped, about 12 minutes.
- Remove from the oven and turn the wings over using tongs. Return wings to the oven and continue broiling until the skin is deep golden brown, bubbling, and crisped on the second side, about 12 minutes more. Meanwhile, combine remaining 1/2 cup hot sauce and melted butter in a large bowl and set aside.
- Add cooked wings and toss to coat.
- Serve immediately with blue cheese dressing and celery sticks, if using.

Nutrition Facts



Properties

Glycemic Index:4.5, Glycemic Load:0.23, Inflammation Score:-4, Nutrition Score:8.8043478027634%

Nutrients (% of daily need)

Calories: 268.7kcal (13.44%), Fat: 21g (32.31%), Saturated Fat: 8.02g (50.11%), Carbohydrates: 1.62g (0.54%), Net Carbohydrates: 1.47g (0.54%), Sugar: 1.28g (1.42%), Cholesterol: 87.43mg (29.14%), Sodium: 1207.6mg (52.5%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 17.63g (35.25%), Vitamin C: 32.45mg (39.34%), Vitamin B3: 5.57mg (27.85%), Selenium: 14.91µg (21.3%), Vitamin B6: 0.4mg (19.85%), Phosphorus: 141.13mg (14.11%), Zinc: 1.34mg (8.92%), Vitamin B2: 0.14mg (8.48%), Vitamin B5: 0.82mg (8.16%), Vitamin A: 403.59IU (8.07%), Potassium: 228.69mg (6.53%), Vitamin B12: 0.37µg (6.25%), Iron: 1.09mg (6.07%), Magnesium: 20.44mg (5.11%), Vitamin B1: 0.07mg (4.51%), Calcium: 33.5mg (3.35%), Vitamin E: 0.5mg (3.34%), Copper: 0.06mg (2.77%), Vitamin D: 0.39µg (2.61%), Manganese: 0.04mg (2%), Folate: 7.27µg (1.82%), Vitamin K: 1.56µg (1.48%)