



Easy Crispy Baked Buffalo Wings



Gluten Free



Popular



Low Fod Map

READY IN



50 min.

SERVINGS



2

CALORIES



791 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 tablespoon butter
- ☐ 2 pounds chicken wings dry rinsed
- ☐ 0.5 cup hot sauce
- ☐ 1 tablespoon oil
- ☐ 2 servings ranch dressing blue for dipping
- ☐ 2 servings salt and pepper to taste

Equipment

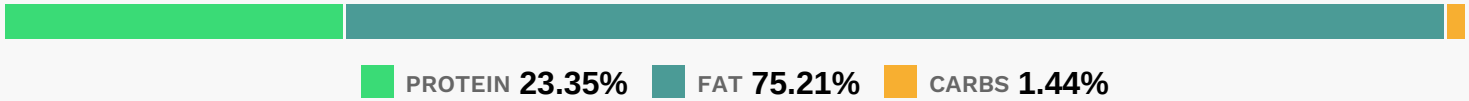
- ☐ baking sheet

- ☐ oven
- ☐ aluminum foil

Directions

- ☐ Toss the wings in the oil, salt and pepper, place them on a rack, on a foil lined baking sheet and bake in a preheated 400F oven on the upper shelf until golden brown and crispy, about 45-50 minutes.Toss in the hot sauce and butter and serve while warm with blue cheese or ranch dressing for dipping.

Nutrition Facts



Properties

Glycemic Index:25, Glycemic Load:0, Inflammation Score:-6, Nutrition Score:21.613043541494%

Nutrients (% of daily need)

Calories: 791.44kcal (39.57%), Fat: 65.37g (100.56%), Saturated Fat: 17.21g (107.54%), Carbohydrates: 2.82g (0.94%), Net Carbohydrates: 2.64g (0.96%), Sugar: 2.17g (2.41%), Cholesterol: 211.45mg (70.48%), Sodium: 2273.71mg (98.86%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 45.66g (91.32%), Vitamin B3: 14.69mg (73.43%), Vitamin C: 46.59mg (56.48%), Selenium: 39.09µg (55.84%), Vitamin B6: 0.96mg (48.03%), Vitamin K: 47.12µg (44.88%), Phosphorus: 387.4mg (38.74%), Zinc: 3.38mg (22.54%), Vitamin B5: 2.19mg (21.89%), Vitamin E: 2.86mg (19.07%), Vitamin B2: 0.29mg (17.25%), Iron: 2.71mg (15.04%), Vitamin B12: 0.85µg (14.11%), Potassium: 489.43mg (13.98%), Vitamin A: 643.59IU (12.87%), Magnesium: 48.73mg (12.18%), Vitamin B1: 0.14mg (9.6%), Copper: 0.12mg (6.15%), Calcium: 44.39mg (4.44%), Manganese: 0.09mg (4.33%), Folate: 14.81µg (3.7%), Vitamin D: 0.27µg (1.83%)