



Easy Grilled Buffalo Wings

 Gluten Free

READY IN



155 min.

SERVINGS



8

CALORIES



392 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 ()
- 8 servings vegetable oil for oiling the grill

Equipment

- bowl

- paper towels
- grill
- ziploc bags
- tongs

Directions

- Place 1 cup of the hot sauce, the buttermilk, and garlic powder in a large resealable plastic bag and stir to combine.
- Add the wings and seal the bag, pressing out any excess air. 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 an outdoor grill to medium high (about 375°F to 425°F). When the grill is ready, use tongs to rub the grate with several layers of paper towels dipped in vegetable oil.
- Remove the wings from the marinade, letting any excess drip off, and discard the marinade.
- Place the wings on the grate in a single layer so they're not touching (if needed, cook them in batches). Cover the grill and cook, flipping the wings occasionally with tongs, until they're no longer pink at the bone and the skin is slightly charred in spots, about 25 minutes total. When the wings are almost ready, combine the remaining 1/2 cup hot sauce and the melted butter in a large bowl and set aside.
- Add the cooked wings to the bowl and toss to coat.
- Serve immediately with blue cheese dressing and celery sticks, if desired.

Nutrition Facts

  
 **PROTEIN 17.99%**  **FAT 80.36%**  **CARBS 1.65%**

Properties

Glycemic Index:4.5, Glycemic Load:0.23, Inflammation Score:-4, Nutrition Score:10.20304346862%

Nutrients (% of daily need)

Calories: 392.46kcal (19.62%), Fat: 35g (53.85%), Saturated Fat: 10.15g (63.46%), 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%), Vitamin K: 27.3µg (26%), Selenium: 14.91µg (21.3%), Vitamin B6: 0.4mg (19.85%), Phosphorus: 141.13mg (14.11%), Vitamin E: 1.65mg (10.97%), 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: 1.1mg (6.09%), Magnesium: 20.44mg (5.11%), Vitamin B1: 0.07mg (4.51%), Calcium: 33.5mg (3.35%), Copper: 0.06mg (2.77%), Vitamin D: 0.39µg (2.61%), Manganese: 0.04mg (2%), Folate: 7.27µg (1.82%)