



Fried Buffalo Wings With Blue Cheese Dip

READY IN



45 min.

SERVINGS



6

CALORIES



676 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 0.5 cup cheese blue crumbled
- 3 pounds chicken wings split
- 1 cup flour all-purpose
- 1.5 cups frank's redhot sauce (or)
- 1 small clove garlic chopped
- 2 tablespoons honey
- 0.5 juice of lemon
- 6 servings kosher salt and pepper freshly ground
- 0.3 cup mayonnaise

- 1 tablespoon milk
- 1 tablespoon paprika
- 6 servings vegetable oil; peanut oil preferred for frying
- 0.5 cup cup heavy whipping cream sour
- 1 stick butter unsalted

Equipment

- food processor
- frying pan
- baking sheet
- pot
- kitchen thermometer
- tongs

Directions

- Make the dip: Pulse the sour cream, blue cheese, mayonnaise, garlic, milk and lemon juice in a food processor until combined but still chunky. Season with salt and pepper. Cover and refrigerate until ready to serve.
- Heat 1 inch of vegetable oil in a large deep skillet over high heat until a deep-fry thermometer registers 375 degrees F. Set a rack on a rimmed baking sheet.
- Mix the flour and paprika in a shallow dish. Dredge the wings in the flour mixture to coat, tapping off the excess. Fry the wings in batches, turning as needed, until cooked through and deep golden brown, about 15 minutes. (Return the oil to 375 degrees F between batches.)
- Remove with tongs and transfer to the rack to drain.
- Meanwhile, combine the hot sauce, butter and honey in a medium pot over medium heat until the butter melts. Continue to cook, stirring, until the sauce thickens slightly, about 10 minutes. Reserve one-quarter of the sauce for serving.
- Add the cooked wings to the pot and toss with the remaining sauce.
- Serve with the blue cheese dip and reserved sauce.

Nutrition Facts



■ PROTEIN 16.59% ■ FAT 69.23% ■ CARBS 14.18%

Properties

Glycemic Index:46.71, Glycemic Load:14.72, Inflammation Score:-7, Nutrition Score:15.193043563677%

Flavonoids

Eriodictyol: 0.12mg, Eriodictyol: 0.12mg, Eriodictyol: 0.12mg, Eriodictyol: 0.12mg Hesperetin: 0.36mg, Hesperetin: 0.36mg, Hesperetin: 0.36mg, Hesperetin: 0.36mg Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg

Nutrients (% of daily need)

Calories: 676.05kcal (33.8%), Fat: 52.01g (80.01%), Saturated Fat: 20.87g (130.45%), Carbohydrates: 23.97g (7.99%), Net Carbohydrates: 22.97g (8.35%), Sugar: 6.89g (7.65%), Cholesterol: 158.73mg (52.91%), Sodium: 2323.67mg (101.03%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 28.03g (56.06%), Vitamin B3: 8.76mg (43.81%), Selenium: 29.08µg (41.55%), Vitamin A: 1440.94IU (28.82%), Phosphorus: 255.78mg (25.58%), Vitamin B6: 0.5mg (25.03%), Vitamin B2: 0.32mg (18.6%), Vitamin K: 18.12µg (17.26%), Vitamin B1: 0.24mg (15.86%), Zinc: 2.25mg (15.01%), Iron: 2.49mg (13.84%), Vitamin B5: 1.37mg (13.75%), Vitamin E: 2.01mg (13.39%), Folate: 50.61µg (12.65%), Calcium: 108.99mg (10.9%), Vitamin B12: 0.62µg (10.4%), Manganese: 0.2mg (10.1%), Potassium: 310.72mg (8.88%), Magnesium: 34.35mg (8.59%), Copper: 0.11mg (5.32%), Fiber: 1g (4.01%), Vitamin D: 0.51µg (3.42%), Vitamin C: 2.2mg (2.67%)