



Fruity Chicken Wings

 **Gluten Free**

READY IN

ready

25 min.

SERVINGS

servings

4

CALORIES

calories

869 kcal

- LUNCH
- MAIN COURSE
- MAIN DISH
- DINNER

Ingredients

- ☐ 4 servings cheese blue for serving
- ☐ 2 sticks butter
- ☐ 1 pound chicken wings washed
- ☐ 10 ounce pepper jelly
- ☐ 4 servings oil for frying
- ☐ 4 servings salt

Equipment

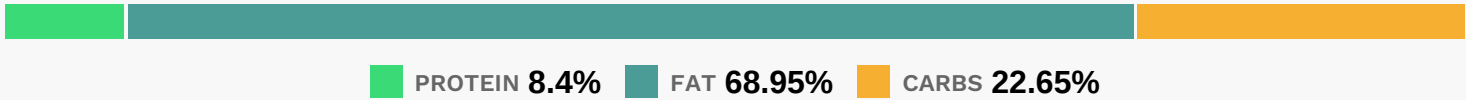
- ☐ frying pan

- ☐ sauce pan
- ☐ whisk
- ☐ pot

Directions

- ☐ Using a fryer or a large pot, heat oil to 350 degrees F.
- ☐ Cut the chicken wings at the joint to yield a wingette and drumette from each wing.
- ☐ Sprinkle the wings with salt. Deep-fry the wings until golden and crispy, 12 to 15 minutes.
- ☐ Meanwhile, in a medium saucepan over medium-low heat, melt the butter.
- ☐ Add the pepper jelly and continually whisk until it lightly bubbles, 5 to 10 minutes. Turn the heat down to low and allow to simmer as the wings continue to cook. When the wings are ready, add directly to the pan and toss.
- ☐ Serve immediately with blue cheese and carrots or celery.

Nutrition Facts



Properties

Glycemic Index:33, Glycemic Load:26.64, Inflammation Score:-7, Nutrition Score:10.7900000085%

Nutrients (% of daily need)

Calories: 868.73kcal (43.44%), Fat: 67.06g (103.17%), Saturated Fat: 37.61g (235.05%), Carbohydrates: 49.57g (16.52%), Net Carbohydrates: 48.79g (17.74%), Sugar: 34.56g (38.4%), Cholesterol: 191.13mg (63.71%), Sodium: 969.47mg (42.15%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 18.39g (36.77%), Vitamin A: 1730.85IU (34.62%), Selenium: 15.82µg (22.61%), Phosphorus: 223.96mg (22.4%), Vitamin B3: 3.98mg (19.92%), Calcium: 193.6mg (19.36%), Vitamin E: 2.14mg (14.3%), Vitamin B2: 0.24mg (14.21%), Vitamin B6: 0.28mg (14%), Zinc: 1.71mg (11.38%), Vitamin B12: 0.66µg (10.97%), Vitamin B5: 1.06mg (10.64%), Vitamin C: 6.67mg (8.08%), Potassium: 240.5mg (6.87%), Vitamin K: 6.67µg (6.35%), Iron: 1.03mg (5.75%), Folate: 22.74µg (5.69%), Magnesium: 21.89mg (5.47%), Copper: 0.11mg (5.41%), Vitamin B1: 0.05mg (3.48%), Fiber: 0.78g (3.12%), Manganese: 0.04mg (2.13%), Vitamin D: 0.21µg (1.41%)