



Grilled Buffalo Wings



Gluten Free



Dairy Free



Popular



Low Fod Map

READY IN



65 min.

SERVINGS



8

CALORIES



209 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.3 teaspoon cayenne pepper to taste
- ☐ 3 pounds chicken wings separated
- ☐ 0.3 teaspoon ground pepper black to taste
- ☐ 1 cup hot sauce louisiana-style
- ☐ 1 tablespoon soya sauce

Equipment

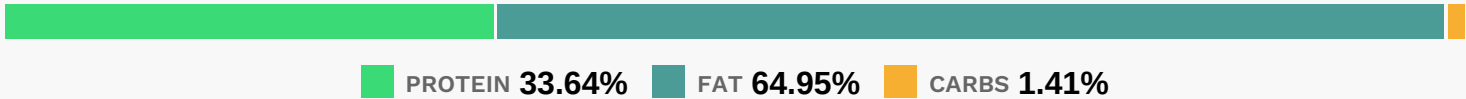
- ☐ pot
- ☐ grill

☐ tongs

Directions

- ☐ Preheat a grill to medium heat.
- ☐ In a large pot, mix together the hot sauce, cola, cayenne pepper, black pepper and soy sauce.
- ☐ Add the wings to the sauce – frozen is okay.
- ☐ Place the pot to one side of the grill, so the sauce comes to a simmer.
- ☐ Use tongs to fish wings out of the sauce, and place them on the grill for 8 to 10 minutes. Then return to the sauce to simmer. Repeat this process for about 50 minutes. The sauce will thicken. When the chicken is tender and pulls easily off of the bone, you have two options. You can dip one last time and serve for sloppy style wings, or serve right off the grill for dryer wings.

Nutrition Facts



Properties

Glycemic Index:9.88, Glycemic Load:0.03, Inflammation Score:-3, Nutrition Score:7.4669564858727%

Nutrients (% of daily need)

Calories: 208.92kcal (10.45%), Fat: 14.79g (22.76%), Saturated Fat: 4.13g (25.84%), Carbohydrates: 0.73g (0.24%), Net Carbohydrates: 0.58g (0.21%), Sugar: 0.42g (0.47%), Cholesterol: 70.73mg (23.58%), Sodium: 985.67mg (42.86%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 17.24g (34.48%), Vitamin B3: 5.61mg (28.07%), Vitamin C: 23.13mg (28.04%), Selenium: 14.26µg (20.38%), Vitamin B6: 0.37mg (18.74%), Phosphorus: 127.75mg (12.78%), Zinc: 1.27mg (8.44%), Vitamin B5: 0.75mg (7.46%), Vitamin B2: 0.11mg (6.44%), Iron: 1.08mg (6.01%), Potassium: 193.35mg (5.52%), Vitamin B12: 0.29µg (4.9%), Magnesium: 19.14mg (4.78%), Vitamin A: 209.97IU (4.2%), Vitamin B1: 0.06mg (3.77%), Manganese: 0.05mg (2.58%), Copper: 0.05mg (2.51%), Vitamin E: 0.33mg (2.21%), Folate: 5.96µg (1.49%), Calcium: 14.24mg (1.42%)