



Grilled Buffalo Wings with Salad and Blue Cheese

 Gluten Free

READY IN



40 min.

SERVINGS



4

CALORIES



749 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 2 medium size carrots
- ☐ 1 large rib celery stalks
- ☐ 1 cup cheese blue crumbled
- ☐ 3.5 lb chicken wings cut into thirds, tips discarded
- ☐ 1 small cucumber
- ☐ 0.3 cup hot sauce red
- ☐ 0.8 cup mayonnaise light

- ☐ 0.1 teaspoon pepper
- ☐ 6 oz the of 1 cos lettuce
- ☐ 0.8 cup skim milk
- ☐ 2 medium size tomatoes
- ☐ 1 tablespoon vinegar white

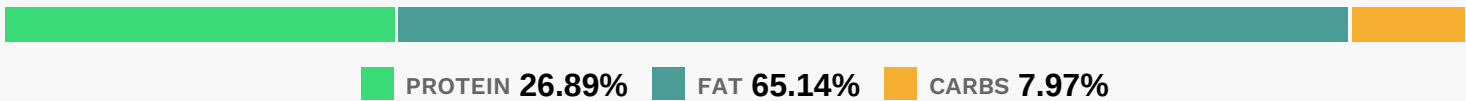
Equipment

- ☐ bowl
- ☐ whisk
- ☐ grill
- ☐ broiler
- ☐ spatula
- ☐ tongs

Directions

- ☐ Whisk together mayonnaise, milk, vinegar and pepper in a medium bowl.
- ☐ Add blue cheese and stir to mix.
- ☐ Prepare grill or preheat broiler. When grill is hot, add wings and cook over medium flame, covered, until cooked through, 20 to 25 minutes, turning occasionally with tongs.
- ☐ Transfer wings to a large bowl, drizzle hot sauce over wings and turn with a rubber spatula to coat.
- ☐ Peel and chop carrots, quarter and slice tomatoes, thinly slice celery, and quarter and slice cucumber. Put vegetables in a large salad bowl, add lettuce and toss well.
- ☐ Arrange wings on plates.
- ☐ Serve with salad and blue cheese dressing.

Nutrition Facts



Properties

Glycemic Index:68.52, Glycemic Load:2.65, Inflammation Score:-10, Nutrition Score:31.852608846582%

Flavonoids

Naringenin: 0.42mg, Naringenin: 0.42mg, Naringenin: 0.42mg, Naringenin: 0.42mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg Kaempferol: 0.14mg, Kaempferol: 0.14mg, Kaempferol: 0.14mg, Kaempferol: 0.14mg Myricetin: 0.09mg, Myricetin: 0.09mg, Myricetin: 0.09mg, Myricetin: 0.09mg Quercetin: 1.36mg, Quercetin: 1.36mg, Quercetin: 1.36mg, Quercetin: 1.36mg

Nutrients (% of daily need)

Calories: 748.62kcal (37.43%), Fat: 53.72g (82.64%), Saturated Fat: 17.44g (109.01%), Carbohydrates: 14.79g (4.93%), Net Carbohydrates: 11.96g (4.35%), Sugar: 8.29g (9.21%), Cholesterol: 198.44mg (66.15%), Sodium: 1335.81mg (58.08%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 49.9g (99.81%), Vitamin A: 10061.37IU (201.23%), Vitamin K: 79.22µg (75.44%), Vitamin B3: 13.96mg (69.78%), Selenium: 40.39µg (57.7%), Phosphorus: 517.43mg (51.74%), Vitamin B6: 1mg (50.02%), Vitamin C: 25.92mg (31.42%), Calcium: 304.67mg (30.47%), Zinc: 4.34mg (28.97%), Vitamin B5: 2.72mg (27.25%), Vitamin B2: 0.46mg (26.94%), Potassium: 935.75mg (26.74%), Folate: 102.71µg (25.68%), Vitamin B12: 1.36µg (22.73%), Magnesium: 74.74mg (18.68%), Iron: 3.04mg (16.87%), Vitamin B1: 0.23mg (15.53%), Vitamin E: 2.27mg (15.11%), Manganese: 0.27mg (13.61%), Fiber: 2.83g (11.31%), Copper: 0.21mg (10.7%), Vitamin D: 0.89µg (5.92%)