



Honey-Sriracha Glazed Buffalo Wings



Gluten Free



Low Fod Map

READY IN



45 min.

SERVINGS



6

CALORIES



678 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 4 pounds chicken wings
- ☐ 6 servings cilantro leaves fresh chopped for garnish
- ☐ 1 juice of lime
- ☐ 2 teaspoons kosher salt
- ☐ 0.5 cup orange-flower water
- ☐ 6 servings vegetable oil; peanut oil preferred for frying
- ☐ 0.7 cup sriracha
- ☐ 1 cup butter unsalted (2 sticks)

☐ 2 tablespoons sesame seed white for garnish

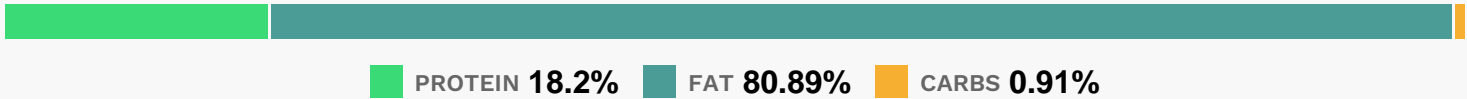
Equipment

- ☐ frying pan
- ☐ baking sheet
- ☐ sauce pan
- ☐ oven
- ☐ mixing bowl
- ☐ wire rack
- ☐ aluminum foil
- ☐ deep fryer

Directions

- ☐ Preheat the oven to 200°F. Prepare the deep fryer by filling with oil to the manufacturer’s suggested fill level. (Alternately, a cast-iron or other wide heavy-duty pan can be used; fill with oil to a depth of 2 to 3 inches, but no more than halfway up the side of the pan.) Tuck the wing tips beneath the wing to avoid burning them, or remove the tips and save to make stock.
- ☐ Heat the oil to 350°F. Fry the wings in batches for 10 to 12 minutes, until crispy and golden brown. Be careful not to crowd the pan, as this will lower the temperature of the oil significantly and result in soggy wings. Keep batches of cooked wings on a wire rack set over a baking sheet (or on a foil-lined baking sheet) in the preheated oven until all the wings have been fried.
- ☐ While the wings are frying, melt the butter in a medium saucepan over low heat.
- ☐ Add the Sriracha, honey, salt, and lime juice, stirring to combine. Keep warm over low heat.
- ☐ Put the cooked wings in a large mixing bowl and toss with the Sriracha mixture. Plate the coated wings on a large platter, garnishing with cilantro and sesame seeds.

Nutrition Facts



Properties

Glycemic Index:11.17, Glycemic Load:0.11, Inflammation Score:-7, Nutrition Score:14.412173773931%

Flavonoids

Eriodictyol: 0.11mg, Eriodictyol: 0.11mg, Eriodictyol: 0.11mg, Eriodictyol: 0.11mg Hesperetin: 0.45mg, Hesperetin: 0.45mg, Hesperetin: 0.45mg, Hesperetin: 0.45mg Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg Quercetin: 0.08mg, Quercetin: 0.08mg, Quercetin: 0.08mg, Quercetin: 0.08mg

Nutrients (% of daily need)

Calories: 678.01kcal (33.9%), Fat: 60.99g (93.83%), Saturated Fat: 27.42g (171.39%), Carbohydrates: 1.54g (0.51%), Net Carbohydrates: 1.12g (0.41%), Sugar: 0.45g (0.5%), Cholesterol: 207.08mg (69.03%), Sodium: 1603.77mg (69.73%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 30.89g (61.77%), Vitamin B3: 9.89mg (49.44%), Selenium: 26.61µg (38.02%), Vitamin B6: 0.64mg (31.88%), Vitamin C: 22.62mg (27.41%), Vitamin A: 1238.18IU (24.76%), Phosphorus: 245.08mg (24.51%), Zinc: 2.45mg (16.32%), Vitamin B5: 1.33mg (13.3%), Vitamin E: 1.86mg (12.4%), Iron: 2.09mg (11.6%), Vitamin B2: 0.19mg (10.94%), Magnesium: 41.29mg (10.32%), Vitamin B12: 0.59µg (9.78%), Copper: 0.19mg (9.57%), Potassium: 321.23mg (9.18%), Vitamin B1: 0.11mg (7.49%), Calcium: 58.06mg (5.81%), Manganese: 0.11mg (5.64%), Vitamin D: 0.73µg (4.87%), Vitamin K: 3.65µg (3.47%), Folate: 12.42µg (3.1%), Fiber: 0.42g (1.67%)