



## Hot and Spicy Chicken Wings

 Gluten Free

READY IN



305 min.

SERVINGS



24

CALORIES



63 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

## Ingredients

- 1 cup sauce of the chicken from the turbo broiler
- 1 teaspoon garlic salt
- 24 chicken drummettes
- 2 tablespoons butter
- 0.8 teaspoon onion salt
- 0.5 teaspoon pepper
- 0.3 teaspoon ground pepper
- 1 serving cheese dressing blue

1 cup frangelico

## Equipment

frying pan

oven

## Directions

Stir together hot sauce and garlic salt until blended.

Pour over drumettes; cover and refrigerate at least 4 hours but no longer than 24 hours.

Heat oven to 450°F. Melt butter in jelly roll pan, 15 1/2x10 1/2x1 inch, in oven. Stir together Bisquick mix, onion salt and peppers.

Remove chicken from sauce; discard sauce. Coat chicken with Bisquick mixture.

Place in single layer in pan.

Bake 25 minutes; turn and bake an additional 20 to 25 minutes or until chicken is golden brown and juice is no longer pink when centers of pieces are cut.

Serve with dressing.

## Nutrition Facts

 **PROTEIN 29.08%** **FAT 70.6%** **CARBS 0.32%**

## Properties

Glycemic Index:2.67, Glycemic Load:0.01, Inflammation Score:-1, Nutrition Score:1.5600000009265%

## Nutrients (% of daily need)

Calories: 62.55kcal (3.13%), Fat: 4.83g (7.43%), Saturated Fat: 1.29g (8.04%), Carbohydrates: 0.05g (0.02%), Net Carbohydrates: 0.03g (0.01%), Sugar: 0g (0%), Cholesterol: 18.71mg (6.24%), Sodium: 505.31mg (21.97%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 4.47g (8.95%), Vitamin B3: 1.44mg (7.21%), Selenium: 3.77µg (5.39%), Vitamin B6: 0.09mg (4.29%), Phosphorus: 32.51mg (3.25%), Zinc: 0.32mg (2.16%), Vitamin B5: 0.19mg (1.88%), Vitamin A: 86.35IU (1.73%), Vitamin B12: 0.08µg (1.32%), Iron: 0.24mg (1.32%), Vitamin B2: 0.02mg (1.3%), Magnesium: 4.52mg (1.13%), Potassium: 39.41mg (1.13%)