



Hot and Spicy Chicken Wings

READY IN



305 min.

SERVINGS



24

CALORIES



116 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 24 servings cheese dressing blue
- ☐ 2 tablespoons butter
- ☐ 0.3 teaspoon ground pepper
- ☐ 24 chicken drummettes
- ☐ 1 teaspoon garlic salt
- ☐ 0.8 teaspoon onion salt
- ☐ 0.5 teaspoon pepper
- ☐ 1 cup ground pepper (hot sauce)
- ☐ 1 cup baking mix original bisquick®

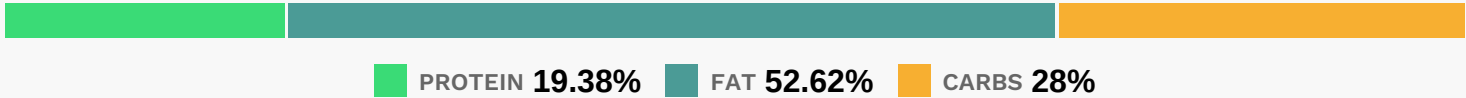
Equipment

- ☐ frying pan
- ☐ oven

Directions

- ☐ Stir together hot sauce and garlic salt until blended.
- ☐ Pour over drummettes; 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



Properties

Glycemic Index:4, Glycemic Load:0.94, Inflammation Score:-10, Nutrition Score:10.399565096783%

Nutrients (% of daily need)

Calories: 116.24kcal (5.81%), Fat: 7.37g (11.34%), Saturated Fat: 1.83g (11.44%), Carbohydrates: 8.83g (2.94%), Net Carbohydrates: 6.02g (2.19%), Sugar: 1.63g (1.81%), Cholesterol: 18.82mg (6.27%), Sodium: 274.47mg (11.93%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 6.11g (12.21%), Vitamin A: 4188.42IU (83.77%), Vitamin E: 3.07mg (20.44%), Vitamin B6: 0.33mg (16.57%), Vitamin B3: 2.53mg (12.64%), Manganese: 0.22mg (11.23%), Fiber: 2.8g (11.21%), Vitamin C: 7.74mg (9.38%), Phosphorus: 91.43mg (9.14%), Vitamin K: 8.38µg (7.98%), Vitamin B2: 0.14mg (7.97%), Selenium: 5.03µg (7.18%), Potassium: 246.14mg (7.03%), Iron: 1.15mg (6.39%), Magnesium: 20.82mg (5.21%), Vitamin B1: 0.07mg (4.88%), Folate: 17.74µg (4.44%), Zinc: 0.6mg (4.01%), Calcium: 28.02mg (2.8%), Copper: 0.06mg (2.76%), Vitamin B5: 0.23mg (2.32%), Vitamin B12: 0.1µg (1.68%)