



Hot and Spicy Chicken Wings

 Gluten Free

READY IN



305 min.

SERVINGS



24

CALORIES



65 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 24 servings cheese dressing blue
- ☐ 2 tablespoons butter
- ☐ 0.3 teaspoon ground pepper
- ☐ 24 chicken drumettes
- ☐ 1 teaspoon garlic salt
- ☐ 0.8 teaspoon onion salt
- ☐ 0.5 teaspoon pepper
- ☐ 1 cup hot sauce

- ☐ 1 cup frangelico
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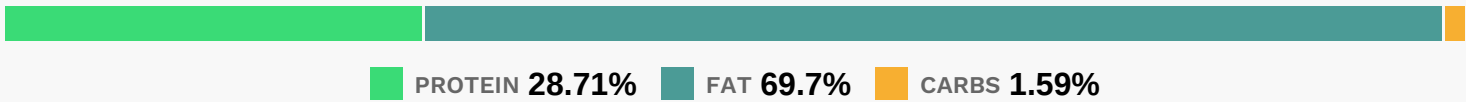
Equipment

- ☐ 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 450F. 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:2.67, Glycemic Load:0.01, Inflammation Score:-1, Nutrition Score:2.1517391334409%

Nutrients (% of daily need)

Calories: 64.6kcal (3.23%), Fat: 4.93g (7.59%), Saturated Fat: 1.32g (8.22%), Carbohydrates: 0.25g (0.08%), Net Carbohydrates: 0.21g (0.08%), Sugar: 0.16g (0.17%), Cholesterol: 18.72mg (6.24%), Sodium: 472.01mg (20.52%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 4.57g (9.15%), Vitamin C: 7.67mg (9.3%), Vitamin B3: 1.47mg (7.34%), Selenium: 3.79µg (5.41%), Vitamin B6: 0.1mg (5.08%), Phosphorus: 34.4mg (3.44%), Zinc: 0.34mg (2.25%), Vitamin A: 102.58IU (2.05%), Vitamin B5: 0.2mg (1.99%), Vitamin B2: 0.03mg (1.84%), Iron: 0.29mg (1.62%), Potassium: 53.86mg (1.54%), Vitamin B12: 0.08µg (1.35%), Magnesium: 5.09mg (1.27%), Vitamin B1: 0.02mg (1.05%)