



Hot & Spicy Grilled Chicken Wings

 **Gluten Free**  **Dairy Free**

READY IN



45 min.

SERVINGS



45

CALORIES



56 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 3 Tbsp buffalo wing sauce
- 2 lb chicken wings split
- 1 tsp garlic powder
- 0.8 cup real mayo mayonnaise kraft
- 0.3 cup classic ranch dressing kraft

Equipment

- frying pan
- grill

aluminum foil

Directions

- Heat grill for indirect grilling: Light one side of grill, leaving other side unlit. Close lid; heat grill to 400F.
- Place wings in single layer in shallow foil pan.
- Place pan on grate over unlit area; close lid. Grill 20 min. or until wings are lightly browned, monitoring for consistent temperature.
- Meanwhile, mix mayo, hot pepper sauce and garlic powder until blended. Reserve 1/2 cup mayo mixture; mix remaining mayo mixture with ranch dressing.
- Brush both sides of wings generously with reserved mayo mixture. Grill 15 min. or until wings are done.
- Serve with dressing mixture.

Nutrition Facts

 
 **PROTEIN 14.99%**  **FAT 83.91%**  **CARBS 1.1%**

Properties

Glycemic Index:1.22, Glycemic Load:0.01, Inflammation Score:-1, Nutrition Score:1.1039130371874%

Nutrients (% of daily need)

Calories: 55.52kcal (2.78%), Fat: 5.12g (7.88%), Saturated Fat: 1.02g (6.36%), Carbohydrates: 0.15g (0.05%), Net Carbohydrates: 0.14g (0.05%), Sugar: 0.09g (0.09%), Cholesterol: 10.3mg (3.43%), Sodium: 74.37mg (3.23%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.06g (4.12%), Vitamin K: 7.87µg (7.5%), Vitamin B3: 0.65mg (3.23%), Selenium: 1.84µg (2.62%), Vitamin B6: 0.04mg (2%), Phosphorus: 17.92mg (1.79%), Vitamin E: 0.19mg (1.23%), Zinc: 0.15mg (1.03%), Vitamin B5: 0.1mg (1.01%)