



Hot Wings with Blue Cheese-Yogurt Sauce

READY IN



65 min.

SERVINGS



4

CALORIES



813 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 2 teaspoons ancho chili powder
- 0.3 cup cheese blue crumbled (recommended: Cabrales)
- 2 pounds chicken wings at the joint split
- 1 tablespoon new mexico chili powder
- 1 tablespoons chipotle chile in adobo pureed
- 1 tablespoon dijon mustard
- 1 cup flour all-purpose
- 4 servings cilantro leaves fresh finely chopped for garnish
- 2 tablespoons cilantro leaves fresh finely chopped

- 1 teaspoon garlic powder
- 1 cup greek yogurt
- 1 tablespoons honey
- 1 sticks jicama (instead of celery)
- 4 servings vegetable oil; peanut oil preferred
- 2 tablespoons onion red finely grated
- 0.5 cup red wine vinegar
- 1 teaspoon salt
- 4 servings salt and pepper black freshly ground
- 1 stick butter unsalted quartered

Equipment

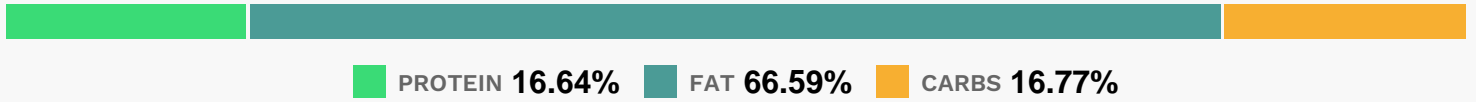
- bowl
- frying pan
- paper towels
- whisk
- kitchen thermometer
- slotted spoon

Directions

- Watch how to make this recipe.
- Stir together the yogurt, blue cheese, red onion, cilantro and salt and pepper in a bowl. Refrigerate for at least 30 minutes before serving to allow the flavors to meld.;
- Heat 2-inches of the oil in a large, high-sided pan until it reaches 375 degrees F on a deep-fry thermometer.
- Stir together the flour, salt, pepper, to taste, 2 teaspoons ancho chili powder and garlic powder in a shallow bowl. Season the wings with salt and pepper and add the wings in batches to the flour mixture to lightly coat and tap off excess flour.
- Add the wings in batches and cook until golden brown and cooked through, 8 to 10 minutes.
- Remove with a slotted spoon and place on a plate lined with paper towels.

- Bring the vinegar, chipotle puree, 2 tablespoons chili powder and New Mexico chili powder to a simmer in a large high-sided saute pan over medium heat.
- Remove the mixture from the heat and whisk in the mustard, salt, honey, and butter until smooth.
- Add the wings to the mixture and toss to coat.
- Garnish with cilantro and serve with jicama sticks and blue cheese sauce.

Nutrition Facts



Properties

Glycemic Index:86.57, Glycemic Load:19.76, Inflammation Score:-8, Nutrition Score:20.103043659874%

Flavonoids

Apigenin: 0.29mg, Apigenin: 0.29mg, Apigenin: 0.29mg, Apigenin: 0.29mg Luteolin: 0.11mg, Luteolin: 0.11mg, Luteolin: 0.11mg, Luteolin: 0.11mg Isorhamnetin: 0.25mg, Isorhamnetin: 0.25mg, Isorhamnetin: 0.25mg, Isorhamnetin: 0.25mg Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg Quercetin: 1.21mg, Quercetin: 1.21mg, Quercetin: 1.21mg, Quercetin: 1.21mg

Nutrients (% of daily need)

Calories: 813.32kcal (40.67%), Fat: 59.97g (92.27%), Saturated Fat: 24.14g (150.86%), Carbohydrates: 33.99g (11.33%), Net Carbohydrates: 31.21g (11.35%), Sugar: 6.98g (7.75%), Cholesterol: 163.87mg (54.62%), Sodium: 891.43mg (38.76%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 33.73g (67.46%), Selenium: 38.21µg (54.59%), Vitamin B3: 9.73mg (48.65%), Vitamin A: 1910.52IU (38.21%), Phosphorus: 325.75mg (32.58%), Vitamin E: 4.46mg (29.76%), Vitamin B6: 0.58mg (29.12%), Vitamin B2: 0.49mg (28.58%), Vitamin B1: 0.34mg (22.77%), Iron: 3.6mg (20.01%), Folate: 75.78µg (18.95%), Manganese: 0.37mg (18.29%), Zinc: 2.59mg (17.24%), Vitamin B5: 1.5mg (14.98%), Vitamin B12: 0.89µg (14.88%), Calcium: 147.33mg (14.73%), Potassium: 447.14mg (12.78%), Magnesium: 46.94mg (11.73%), Fiber: 2.78g (11.12%), Vitamin K: 9.65µg (9.19%), Copper: 0.16mg (8.06%), Vitamin D: 0.59µg (3.92%), Vitamin C: 1.84mg (2.23%)