



## Hottest Wings

 **Gluten Free**  **Dairy Free**  **Low Fod Map**

READY IN



1480 min.

SERVINGS



10

CALORIES



199 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

## Ingredients

- 1 bottle beer
- 4 tablespoons cayenne pepper
- 3 pounds chicken wings
- 1 tablespoon ground pepper black
- 1 small bottle hot sauce (recommended: Tabasco)
- 10 jalapeño peppers whole
- 1 cup sriracha pepper sauce hot
- 1 bell pepper red

- 0.5 cup red wine vinegar
- 1 tablespoon salt
- 6 serrano chili peppers whole
- 0.5 bottle worcestershire sauce

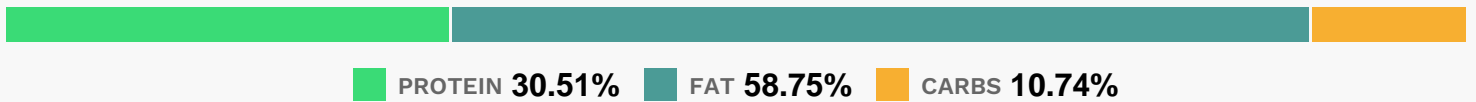
## Equipment

- bowl
- sauce pan
- blender
- stove
- dutch oven

## Directions

- In blender, puree all ingredients, being very careful of the hot peppers.
- Place chicken wings in a bowl and pour mixture on top, marinate wings overnight.
- Heat Dutch oven with fry oil at 350 degrees F.
- Remove wings from bowl and gently place them in the hot oil. Fry wings until golden brown and crisp about 8 to 10 minutes. Meanwhile, take the leftover marinade and place in a small saucepan on stove and bring to a hard boil. After the sauce is heated throughout, put sauce in large bowl, add wings and toss until coated.

## Nutrition Facts



## Properties

Glycemic Index:16.85, Glycemic Load:1.07, Inflammation Score:-8, Nutrition Score:11.707825919856%

## Flavonoids

Catechin: 0.13mg, Catechin: 0.13mg, Catechin: 0.13mg, Catechin: 0.13mg Epicatechin: 0.03mg, Epicatechin: 0.03mg, Epicatechin: 0.03mg, Epicatechin: 0.03mg Luteolin: 0.41mg, Luteolin: 0.41mg, Luteolin: 0.41mg, Luteolin: 0.41mg Kaempferol: 0.28mg, Kaempferol: 0.28mg, Kaempferol: 0.28mg, Kaempferol: 0.28mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 1.32mg, Quercetin: 1.32mg, Quercetin: 1.32mg, Quercetin: 1.32mg

Quercetin: 1.32mg Gallocatechin: 0.03mg, Gallocatechin: 0.03mg, Gallocatechin: 0.03mg, Gallocatechin: 0.03mg

## **Nutrients (% of daily need)**

Calories: 198.88kcal (9.94%), Fat: 12.29g (18.91%), Saturated Fat: 3.4g (21.25%), Carbohydrates: 5.06g (1.69%), Net Carbohydrates: 3.51g (1.28%), Sugar: 1.73g (1.93%), Cholesterol: 56.58mg (18.86%), Sodium: 1393.19mg (60.57%), Alcohol: 1.33g (100%), Alcohol %: 0.95% (100%), Protein: 14.36g (28.73%), Vitamin C: 53.59mg (64.95%), Vitamin A: 1539.82IU (30.8%), Vitamin B3: 5.12mg (25.61%), Vitamin B6: 0.47mg (23.64%), Selenium: 11.88µg (16.98%), Phosphorus: 120.38mg (12.04%), Vitamin E: 1.57mg (10.44%), Manganese: 0.19mg (9.26%), Potassium: 282.78mg (8.08%), Vitamin B2: 0.14mg (7.96%), Zinc: 1.13mg (7.52%), Vitamin B5: 0.7mg (7.01%), Iron: 1.21mg (6.75%), Vitamin K: 6.76µg (6.44%), Magnesium: 25.36mg (6.34%), Fiber: 1.54g (6.17%), Folate: 18.73µg (4.68%), Vitamin B1: 0.07mg (4.46%), Vitamin B12: 0.24µg (4.03%), Copper: 0.07mg (3.45%), Calcium: 21.84mg (2.18%)