



Jeri's Spicy Buffalo Wings

READY IN



110 min.

SERVINGS



8

CALORIES



498 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 3 tablespoons apple cider vinegar
- 0.5 cup butter
- 2 pounds chicken wings
- 0.5 cup flour all-purpose
- 1 clove garlic minced
- 1 teaspoon garlic salt
- 0.5 teaspoon ground pepper black
- 0.5 teaspoon onion salt
- 1 teaspoon paprika

- 0.5 cup pepper sauce hot to taste
- 1 teaspoon pepper flakes red crushed
- 1 cup shortening

Equipment

- bowl
- frying pan
- baking sheet
- paper towels
- oven
- plastic wrap

Directions

- Toss chicken wings in a large bowl with apple cider vinegar, garlic salt, paprika, red pepper flakes, onion salt, and black pepper to coat; cover bowl with plastic wrap.
- Marinate chicken in refrigerator 1 to 4 hours.
- Scatter flour over the chicken wings; toss to coat. Discard any remaining marinade.
- Preheat oven to 425 degrees F (220 degrees C).
- Heat shortening in a large skillet over medium-high heat; fry chicken in hot shortening until golden, 5 to 7 minutes per side.
- Arrange fried chicken pieces onto a baking sheet.
- Bake chicken in preheated oven until no longer pink at the bone and the juices run clear, about 20 minutes; remove chicken to a platter lined with paper towels to drain.
- Melt butter in a large skillet over medium heat. Cook garlic in melted butter until translucent, about 2 minutes.
- Stir hot sauce into the butter and garlic mixture; reduce heat to low and simmer sauce 5 minutes.
- Transfer sauce to a large bowl.
- Move drained chicken in batches to the bowl with the sauce and turn to coat.
- Drizzle any remaining sauce over wings to serve.

Nutrition Facts

PROTEIN 9.86% FAT 84.75% CARBS 5.39%

Properties

Glycemic Index:30.25, Glycemic Load:4.4, Inflammation Score:-5, Nutrition Score:7.8752173612947%

Flavonoids

Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

Nutrients (% of daily need)

Calories: 497.74kcal (24.89%), Fat: 47.12g (72.49%), Saturated Fat: 16.48g (102.97%), Carbohydrates: 6.75g (2.25%), Net Carbohydrates: 6.28g (2.28%), Sugar: 0.29g (0.32%), Cholesterol: 77.65mg (25.88%), Sodium: 974.23mg (42.36%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 12.33g (24.67%), Vitamin B3: 4.19mg (20.96%), Selenium: 12.41µg (17.74%), Vitamin E: 2.28mg (15.17%), Vitamin K: 15.69µg (14.94%), Vitamin C: 11.77mg (14.27%), Vitamin A: 666.84IU (13.34%), Vitamin B6: 0.26mg (12.88%), Phosphorus: 97.08mg (9.71%), Vitamin B5: 0.72mg (7.22%), Vitamin B1: 0.1mg (6.95%), Vitamin B2: 0.12mg (6.8%), Iron: 1.17mg (6.48%), Zinc: 0.93mg (6.19%), Manganese: 0.12mg (5.86%), Folate: 18.3µg (4.57%), Potassium: 146.83mg (4.2%), Magnesium: 15.19mg (3.8%), Vitamin B12: 0.22µg (3.67%), Copper: 0.05mg (2.42%), Fiber: 0.47g (1.88%), Calcium: 16.68mg (1.67%)