



Pat's Famous Hot Wings

 Gluten Free

READY IN



45 min.

SERVINGS



6

CALORIES



440 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 1 tablespoon apple cider vinegar
- 2 teaspoons apple cider vinegar
- 2 tablespoons brown sugar
- 0.3 cup buttermilk
- 0.3 teaspoon cayenne pepper
- 6 servings carrot and celery sticks for serving
- 0.3 cup danish cheese blue crumbled
- 3 pounds chicken wings washed and dried

- 1 clove garlic minced
- 0.5 cup hot sauce (recommend: Texas Pete's)
- 2 teaspoons kosher salt
- 1 tablespoons lemon-pepper seasoning
- 6 servings vegetable oil; peanut oil preferred for frying
- 2 teaspoons neely's rub dry
- 6 servings salt and freshly cracked pepper black
- 4 tablespoons butter salted
- 0.3 cup cup heavy whipping cream sour
- 0.3 teaspoon sugar
- 0.3 teaspoon worcestershire sauce

Equipment

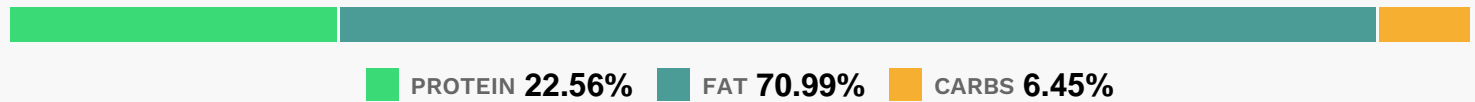
- bowl
- paper towels
- sauce pan
- whisk
- mixing bowl

Directions

- Watch how to make this recipe.
- In a small bowl, mash the blue cheese into the buttermilk and sour cream.
- Mix in the sugar and the apple cider vinegar, and season with salt and pepper, to taste.
- Mix the dry rub, salt, and cayenne together in a small bowl.
- Preheat deep-fryer with peanut oil to 350 degrees F.
- Add the wings to a large mixing bowl and season with the lemon-pepper seasoning and toss to coat. Allow to sit for a few minutes, so flavors can permeate into the chicken.
- Add the wings to the deep-fryer and fry until cooked through and golden and crisp, 12 to 15 minutes. You may need to do this in batches.

- Meanwhile, while wings are frying, melt butter in small saucepan over medium-low heat with the garlic.
- Transfer to a large bowl and whisk in the hot sauce, brown sugar, vinegar, and Worcestershire sauce until combined.
- Remove wings from fryer and drain on a paper towel lined sheet tray. Immediately sprinkle with the seasoning.
- Add fried wings to the large bowl of sauce and toss until well combined and wings are well coated.
- Serve immediately after tossing the wings with the sauce.
- Serve with the blue cheese dipping sauce and celery and carrot sticks.

Nutrition Facts



Properties

Glycemic Index:64.02, Glycemic Load:0.5, Inflammation Score:-5, Nutrition Score:11.733912918879%

Flavonoids

Apigenin: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg 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: 439.73kcal (21.99%), Fat: 34.53g (53.12%), Saturated Fat: 13.34g (83.37%), Carbohydrates: 7.06g (2.35%), Net Carbohydrates: 6.63g (2.41%), Sugar: 5.35g (5.95%), Cholesterol: 127.23mg (42.41%), Sodium: 1731.98mg (75.3%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 24.69g (49.38%), Vitamin B3: 7.44mg (37.21%), Selenium: 20.97µg (29.96%), Vitamin B6: 0.5mg (25.04%), Phosphorus: 210.69mg (21.07%), Vitamin C: 16.3mg (19.75%), Vitamin A: 647.12IU (12.94%), Zinc: 1.94mg (12.91%), Vitamin B5: 1.17mg (11.73%), Manganese: 0.23mg (11.69%), Vitamin B2: 0.19mg (11.34%), Iron: 1.7mg (9.44%), Vitamin B12: 0.55µg (9.15%), Calcium: 89.62mg (8.96%), Potassium: 300.66mg (8.59%), Vitamin K: 8.89µg (8.46%), Vitamin E: 1.16mg (7.76%), Magnesium: 30.99mg (7.75%), Vitamin B1: 0.08mg (5.32%), Copper: 0.09mg (4.37%), Folate: 11.28µg (2.82%), Vitamin D: 0.28µg (1.87%), Fiber: 0.44g (1.75%)