



## Pat's Spicy Fried Wings

READY IN



100 min.

SERVINGS



4

CALORIES



841 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- 1 teaspoon pepper black
- 2 teaspoons pepper black
- 0.5 teaspoon cayenne pepper
- 1 teaspoon cayenne pepper
- 2 teaspoons cayenne pepper
- 12 chicken wings whole cut in 1/2 at the joint
- 0.3 tablespoon chili sauce
- 2 eggs
- 2 cups flour all-purpose

- 2 tablespoons horseradish
- 2 tablespoons hot sauce
- 1 teaspoon lemon-pepper
- 2 teaspoons poultry seasoning
- 1 tablespoon pepper flakes red crushed
- 4 servings salt and pepper black freshly ground
- 1 tablespoon seasoning salt
- 1 cup cup heavy whipping cream sour
- 4 servings vegetable oil

## Equipment

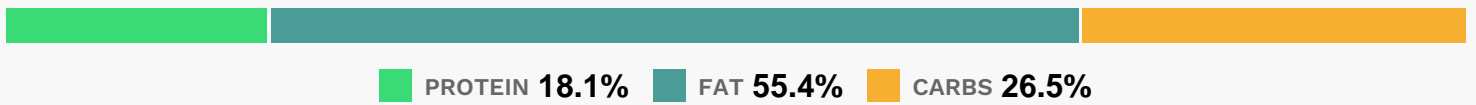
- bowl
- paper towels
- whisk
- mixing bowl
- baking pan
- kitchen thermometer
- dutch oven

## Directions

- In a small bowl whisk together seasoning salt, red pepper flakes, black pepper, cayenne pepper, poultry seasoning, and lemon pepper. Reserve 2 tablespoons in a separate bowl.
- Rinse chicken wings in cold water and place into a shallow baking dish.
- Sprinkle the wings evenly with the seasoning, and let them marinate, covered and chilled, for 1 hour.
- Whisk eggs, hot sauce, red pepper flakes, black pepper, and cayenne pepper into a medium size mixing bowl. Reserve.
- Put the flour into a shallow dish or pie plate.
- In a large deep-fryer or large Dutch oven heat oil to 350 degrees F on a deep-fat thermometer.

- Dredge chicken wings into the egg mixture then into the flour.
- Place wings 3 at a time into the hot oil and cook for 8 to 10 minutes, turning occasionally, until cooked through and golden brown.
- Remove to a paper towel lined sheet tray. Make sure oil returns to temperature before adding the next batch.
- Sprinkle the wings with the reserved seasoning for extra hot wings.
- Serve with Spicy Dipping Sauce.
- Mix all the ingredients together in a small bowl.

## Nutrition Facts



### Properties

Glycemic Index:83.5, Glycemic Load:35.14, Inflammation Score:-9, Nutrition Score:28.24956536293%

### Nutrients (% of daily need)

Calories: 841.37kcal (42.07%), Fat: 51.7g (79.53%), Saturated Fat: 15.37g (96.04%), Carbohydrates: 55.65g (18.55%), Net Carbohydrates: 51.85g (18.86%), Sugar: 3.39g (3.76%), Cholesterol: 226.78mg (75.59%), Sodium: 2149.55mg (93.46%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 38g (76%), Selenium: 53.38µg (76.26%), Vitamin B3: 12.8mg (64.01%), Manganese: 0.89mg (44.36%), Vitamin A: 2065.01IU (41.3%), Vitamin K: 42.18µg (40.17%), Vitamin B2: 0.68mg (40.07%), Vitamin B1: 0.6mg (39.97%), Phosphorus: 364.76mg (36.48%), Vitamin B6: 0.71mg (35.72%), Folate: 142.83µg (35.71%), Iron: 5.82mg (32.35%), Vitamin E: 3.41mg (22.74%), Zinc: 3.09mg (20.6%), Vitamin B5: 1.97mg (19.7%), Magnesium: 62.07mg (15.52%), Potassium: 534.66mg (15.28%), Fiber: 3.79g (15.17%), Calcium: 131.51mg (13.15%), Vitamin B12: 0.78µg (12.97%), Copper: 0.25mg (12.35%), Vitamin C: 9.88mg (11.97%), Vitamin D: 0.58µg (3.89%)