



Ranch Wings

READY IN



95 min.

SERVINGS



6

CALORIES



439 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 2 pounds chicken wings split
- ☐ 3 large eggs
- ☐ 1.5 cups flour all-purpose
- ☐ 0.3 cup honey
- ☐ 0.3 cup hot sauce
- ☐ 6 servings pepper freshly ground
- ☐ 3 ounce ranch dressing mix
- ☐ 6 servings vegetable oil for frying

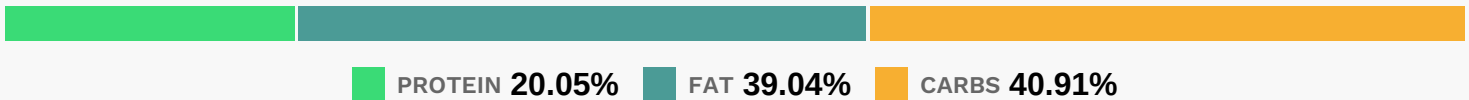
Equipment

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

Directions

- ☐ Toss the wings with 1 packet dressing mix in a large bowl. Cover and refrigerate at least 1 hour, or up to 4 hours.
- ☐ Whisk the flour, 1 teaspoon pepper and 1 packet dressing mix in a large bowl. In another bowl, whisk the eggs, 2 tablespoons water and the remaining packet dressing mix. Dredge the wings a few at a time in the seasoned flour, then dip into the egg mixture and return to the flour mixture, turning to coat.
- ☐ Transfer to a rack.
- ☐ Heat 1/2 inch vegetable oil in a medium cast-iron skillet over medium heat until a deep-fry thermometer registers 350 degrees F. Fry the wings in batches until crisp and golden brown, 5 to 6 minutes per side.
- ☐ Remove with a slotted spoon and drain on paper towels.
- ☐ Whisk the hot sauce and honey in a bowl.
- ☐ Serve with the wings.
- ☐ Photograph by Andrew Mccaul

Nutrition Facts



Properties

Glycemic Index:26.55, Glycemic Load:23.33, Inflammation Score:-4, Nutrition Score:12.537391268689%

Nutrients (% of daily need)

Calories: 439.2kcal (21.96%), Fat: 18.56g (28.56%), Saturated Fat: 4.92g (30.76%), Carbohydrates: 43.78g (14.59%), Net Carbohydrates: 42.85g (15.58%), Sugar: 11.9g (13.22%), Cholesterol: 155.87mg (51.96%), Sodium: 1423.72mg (61.9%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 21.45g (42.9%), Selenium: 31.04µg (44.35%), Vitamin B3: 6.75mg (33.73%), Vitamin B2: 0.35mg (20.84%), Vitamin B1: 0.3mg (19.88%), Phosphorus: 192.85mg (19.28%), Folate: 73.1µg (18.28%), Vitamin B6: 0.36mg (18.07%), Iron: 2.78mg (15.45%), Manganese: 0.26mg (13.19%), Vitamin B5: 1.17mg (11.68%), Zinc: 1.67mg (11.14%), Vitamin C: 8.12mg (9.85%), Vitamin B12: 0.48µg (8.06%), Magnesium: 25.52mg (6.38%), Potassium: 218.38mg (6.24%), Vitamin K: 5.72µg (5.45%), Vitamin A: 271.77IU (5.44%), Copper: 0.11mg (5.28%), Vitamin E: 0.77mg (5.12%), Vitamin D: 0.58µg (3.88%), Fiber: 0.93g (3.71%), Calcium: 30.58mg (3.06%)