



Restaurant-Style Buffalo Chicken Wings

 Popular

READY IN



120 min.

SERVINGS



10

CALORIES



196 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 0.3 cup butter
- ☐ 0.3 teaspoon cayenne pepper
- ☐ 10 chicken wings
- ☐ 0.5 cup flour all-purpose
- ☐ 1 dash garlic powder
- ☐ 1 dash ground pepper black
- ☐ 0.3 cup hot sauce
- ☐ 10 servings oil for deep frying

- ☐ 0.3 teaspoon paprika
- ☐ 0.3 teaspoon salt

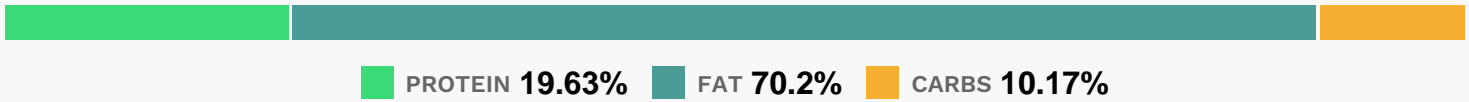
Equipment

- ☐ bowl
- ☐ sauce pan
- ☐ deep fryer

Directions

- ☐ In a small bowl mix together the flour, paprika, cayenne pepper and salt.
- ☐ Place chicken wings in a large nonporous glass dish or bowl and sprinkle flour mixture over them until they are evenly coated. Cover dish or bowl and refrigerate for 60 to 90 minutes.
- ☐ Heat oil in a deep fryer to 375 degrees F (190 degrees C). The oil should be just enough to cover wings entirely, an inch or so deep.
- ☐ Combine the butter, hot sauce, pepper and garlic powder in a small saucepan over low heat. Stir together and heat until butter is melted and mixture is well blended.
- ☐ Remove from heat and reserve for serving.
- ☐ Fry coated wings in hot oil for 10 to 15 minutes, or until parts of wings begin to turn brown.
- ☐ Remove from heat, place wings in serving bowl, add hot sauce mixture and stir together.
- ☐ Serve.

Nutrition Facts



Properties

Glycemic Index:20.9, Glycemic Load:3.46, Inflammation Score:-3, Nutrition Score:4.6330434369004%

Nutrients (% of daily need)

Calories: 195.9kcal (9.8%), Fat: 15.18g (23.35%), Saturated Fat: 5.29g (33.07%), Carbohydrates: 4.95g (1.65%), Net Carbohydrates: 4.73g (1.72%), Sugar: 0.11g (0.12%), Cholesterol: 49.21mg (16.4%), Sodium: 288.47mg (12.54%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 9.55g (19.1%), Vitamin B3: 3.24mg (16.22%), Selenium: 9.64µg

(13.76%), Vitamin B6: 0.18mg (9.15%), Phosphorus: 72.57mg (7.26%), Vitamin C: 4.86mg (5.89%), Vitamin E: 0.81mg (5.38%), Vitamin A: 267.67IU (5.35%), Vitamin B1: 0.08mg (5%), Vitamin B2: 0.08mg (4.77%), Zinc: 0.7mg (4.66%), Iron: 0.79mg (4.41%), Vitamin B5: 0.41mg (4.1%), Folate: 13.97µg (3.49%), Manganese: 0.06mg (2.88%), Vitamin B12: 0.16µg (2.72%), Potassium: 94.07mg (2.69%), Magnesium: 10.63mg (2.66%), Vitamin K: 2.65µg (2.53%), Copper: 0.03mg (1.56%)