

Scott's Buffalo Wing Sauce

 Vegetarian  Gluten Free

READY IN



25 min.

SERVINGS



5

CALORIES



206 kcal

SAUCE

Ingredients

- 0.5 cup butter
- 2 tablespoons honey
- 0.3 cup catsup
- 0.3 cup hot sauce hot

Equipment

- sauce pan

Directions

- Combine the butter, hot sauce, ketchup, and honey in a small saucepan. Bring to a boil over medium-high heat. Reduce heat to low and simmer for 15 minutes. Use as a sauce for cooked chicken wings or pieces.

Nutrition Facts

PROTEIN 0.87% FAT 77.51% CARBS 21.62%

Properties

Glycemic Index:20.45, Glycemic Load:3.62, Inflammation Score:-4, Nutrition Score:2.4534782741381%

Flavonoids

Quercetin: 0.14mg, Quercetin: 0.14mg, Quercetin: 0.14mg, Quercetin: 0.14mg

Nutrients (% of daily need)

Calories: 206.21kcal (10.31%), Fat: 18.48g (28.44%), Saturated Fat: 11.68g (72.99%), Carbohydrates: 11.6g (3.87%), Net Carbohydrates: 11.49g (4.18%), Sugar: 10.52g (11.69%), Cholesterol: 48.81mg (16.27%), Sodium: 714.3mg (31.06%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.47g (0.93%), Vitamin C: 12.67mg (15.35%), Vitamin A: 675.27IU (13.51%), Vitamin E: 0.78mg (5.2%), Vitamin B2: 0.05mg (2.98%), Vitamin B6: 0.05mg (2.65%), Vitamin K: 2.45µg (2.34%), Potassium: 77.82mg (2.22%), Manganese: 0.03mg (1.52%), Vitamin B3: 0.29mg (1.45%), Phosphorus: 11.7mg (1.17%), Copper: 0.02mg (1.06%)