



Scott's Famous Chicken Wings

 Gluten Free

READY IN



45 min.

SERVINGS



25

CALORIES



1413 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 25 chicken wings dry with paper towels
- 1 tablespoon garlic powder
- 1 tablespoon coarse-ground pepper black
- 1 gallon vegetable oil; peanut oil preferred
- 0.5 cup pepper sauce hot redhot® (such as Frank's)
- 0.3 cup butter unsalted melted

Equipment

- mixing bowl

kitchen thermometer

Directions

- Heat oil in a deep-fryer or kettle to 375 degrees F (190 degrees C).
- Gently add the wings, one at a time, to the hot oil. Stir gently to assure the wings do not stick together. Fry the chicken wings in the preheated oil until cooked through and they are floating gently atop the oil, about 15 minutes. An instant-read thermometer inserted into the thickest part of the wing should read 180 degrees F (82 degrees C).
- Stir the melted butter, hot pepper sauce, garlic powder, and black pepper together in a large mixing bowl until thoroughly combined.
- Add the cooked wings to the sauce and turn to coat; transfer to a serving platter.

Nutrition Facts

PROTEIN 2.49% FAT 97.38% CARBS 0.13%

Properties

Glycemic Index:1.48, Glycemic Load:0.04, Inflammation Score:-3, Nutrition Score:7.8300000157045%

Nutrients (% of daily need)

Calories: 1413.44kcal (70.67%), Fat: 155.28g (238.89%), Saturated Fat: 28.24g (176.5%), Carbohydrates: 0.47g (0.16%), Net Carbohydrates: 0.37g (0.13%), Sugar: 0.07g (0.08%), Cholesterol: 43.51mg (14.5%), Sodium: 162.52mg (7.07%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 8.94g (17.88%), Vitamin E: 23.01mg (153.39%), Vitamin B3: 2.87mg (14.33%), Selenium: 7.57µg (10.81%), Vitamin B6: 0.18mg (9.09%), Phosphorus: 66.4mg (6.64%), Vitamin C: 3.93mg (4.76%), Zinc: 0.67mg (4.49%), Vitamin B5: 0.38mg (3.82%), Iron: 0.57mg (3.14%), Vitamin A: 155.37IU (3.11%), Vitamin B2: 0.05mg (2.83%), Vitamin B12: 0.16µg (2.65%), Potassium: 89.62mg (2.56%), Magnesium: 9.61mg (2.4%), Manganese: 0.04mg (2.24%), Vitamin B1: 0.03mg (1.77%), Vitamin K: 1.74µg (1.65%), Copper: 0.03mg (1.32%)