



## Spicy Buffalo Wings

READY IN



45 min.

SERVINGS



36

CALORIES



58 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

### Ingredients

- 1.5 cups cheese dressing blue reduced-fat
- 3 pounds chicken wings
- 1 ounce onion soup mix dry
- 1 teaspoons ground pepper red
- 0.5 cup hot sauce
- 0.3 cup water

### Equipment

- oven

broiler pan

## Directions

- Preheat oven to 37
- Cut off and discard wing tips; cut wings in half at joint.
- Place chicken on a broiler pan coated with cooking spray.
- Combine hot sauce, water, soup mix, and red pepper.
- Brush chicken with half of hot sauce mixture.
- Bake, uncovered, at 375 for 30 minutes.
- Remove from oven; turn chicken, and brush with remaining hot sauce mixture.
- Bake an additional 10 to 15 minutes or until tender.
- Serve warm with dressing.
- carbo rating: 3

## Nutrition Facts

 **PROTEIN 30.41%**  **FAT 63.3%**  **CARBS 6.29%**

## Properties

Glycemic Index:0.89, Glycemic Load:0.01, Inflammation Score:-1, Nutrition Score:1.7626086803882%

## Nutrients (% of daily need)

Calories: 58.27kcal (2.91%), Fat: 4.02g (6.18%), Saturated Fat: 1.18g (7.39%), Carbohydrates: 0.9g (0.3%), Net Carbohydrates: 0.82g (0.3%), Sugar: 0.37g (0.41%), Cholesterol: 15.82mg (5.27%), Sodium: 262.2mg (11.4%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 4.34g (8.69%), Vitamin B3: 1.24mg (6.2%), Selenium: 3.37µg (4.82%), Vitamin B6: 0.08mg (4.23%), Phosphorus: 37.61mg (3.76%), Vitamin C: 2.74mg (3.32%), Zinc: 0.31mg (2.07%), Vitamin B2: 0.03mg (1.97%), Vitamin B5: 0.17mg (1.67%), Iron: 0.28mg (1.53%), Vitamin B12: 0.09µg (1.48%), Calcium: 13.06mg (1.31%), Magnesium: 5.13mg (1.28%), Potassium: 43.95mg (1.26%), Vitamin A: 58.95IU (1.18%), Vitamin B1: 0.02mg (1.03%)