



## Spicy Hot Wing

 **Gluten Free**  **Dairy Free**

READY IN



45 min.

SERVINGS



45

CALORIES



53 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

## Ingredients

- 2 Tbsp buffalo wing sauce
- 2 lb chicken wings split
- 1 tsp garlic powder
- 0.5 cup real mayo mayonnaise kraft
- 0.5 cup homestyle ranch dressing & dip kraft

## Equipment

- frying pan
- oven

aluminum foil

## Directions

Heat oven to 450F.

Place wings in single layer in shallow foil-lined pan.

Bake 20 min. or until browned. Meanwhile, mix mayo, wing sauce and garlic powder until blended.

Brush mayo mixture generously onto both sides of wings.

Bake 10 min.

Serve with dressing.

## Nutrition Facts

 **PROTEIN 15.82%** **FAT 82.48%** **CARBS 1.7%**

## Properties

Glycemic Index:1.22, Glycemic Load:0.01, Inflammation Score:-1, Nutrition Score:1.1121739160431%

## Nutrients (% of daily need)

Calories: 52.79kcal (2.64%), Fat: 4.79g (7.37%), Saturated Fat: 0.96g (6.03%), Carbohydrates: 0.22g (0.07%), Net Carbohydrates: 0.22g (0.08%), Sugar: 0.14g (0.16%), Cholesterol: 10.12mg (3.37%), Sodium: 68.26mg (2.97%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.07g (4.13%), Vitamin K: 7.63µg (7.27%), Vitamin B3: 0.65mg (3.24%), Selenium: 1.85µg (2.65%), Phosphorus: 20.14mg (2.01%), Vitamin B6: 0.04mg (2.01%), Vitamin E: 0.17mg (1.16%), Vitamin B5: 0.11mg (1.09%), Zinc: 0.16mg (1.03%)