



Spicy Sesame Buffalo Chicken Wings

 Gluten Free  Dairy Free

READY IN



60 min.

SERVINGS



8

CALORIES



231 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 0.5 cup original barbecue sauce kraft
- 0.3 cup buffalo wing sauce
- 2 lb chicken wings split
- 1 green onion sliced
- 2 tsp ground ginger
- 1 Tbsp ground pepper red (cayenne)
- 0.3 cup sesame oil

Equipment

grill

Directions

- Mix first 3 ingredients until blended; pour over wings in shallow dish. Stir to evenly coat wings. Refrigerate 30 min. to marinate, turning after 15 min.
- Heat grill to medium-high heat.
- Remove wings from marinade; discard marinade. Grill wings 15 min., turning occasionally.
- Combine barbecue sauce and wing sauce; brush half onto wings. Continue grilling 4 to 5 min. or until wings are done, turning and brushing frequently with remaining sauce mixture.
- Place wings on platter; sprinkle with onions.

Nutrition Facts



Properties

Glycemic Index:8, Glycemic Load:0.09, Inflammation Score:-3, Nutrition Score:5.42347826258%

Flavonoids

Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Quercetin: 0.16mg, Quercetin: 0.16mg, Quercetin: 0.16mg, Quercetin: 0.16mg

Nutrients (% of daily need)

Calories: 231kcal (11.55%), Fat: 16.84g (25.91%), Saturated Fat: 3.75g (23.45%), Carbohydrates: 8.1g (2.7%), Net Carbohydrates: 7.66g (2.78%), Sugar: 6.05g (6.73%), Cholesterol: 47.15mg (15.72%), Sodium: 459.32mg (19.97%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 11.52g (23.04%), Vitamin B3: 3.84mg (19.22%), Selenium: 10.04µg (14.35%), Vitamin B6: 0.25mg (12.38%), Manganese: 0.2mg (9.95%), Phosphorus: 87.66mg (8.77%), Vitamin A: 420.81IU (8.42%), Zinc: 0.88mg (5.89%), Vitamin B5: 0.5mg (5.02%), Iron: 0.86mg (4.77%), Vitamin K: 4.89µg (4.66%), Potassium: 160.42mg (4.58%), Vitamin B2: 0.07mg (4.23%), Vitamin E: 0.63mg (4.19%), Magnesium: 15.62mg (3.9%), Vitamin B12: 0.2µg (3.27%), Vitamin B1: 0.04mg (2.45%), Copper: 0.04mg (2.19%), Fiber: 0.44g (1.77%), Vitamin C: 1.33mg (1.61%), Calcium: 15.82mg (1.58%), Folate: 4.53µg (1.13%)