



The Neelys' Spicy Fried Wings

READY IN

ready

110 min.

SERVINGS

servings

6

CALORIES

calories

572 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 6 servings pepper black freshly ground
- ☐ 0.5 teaspoon cayenne pepper
- ☐ 1 teaspoon cayenne pepper
- ☐ 2 teaspoons cayenne pepper
- ☐ 3 pounds chicken wings split
- ☐ 0.3 cup chili sauce
- ☐ 2 large eggs
- ☐ 2 cups flour all-purpose
- ☐ 2 tablespoons horseradish

- ☐ 2 tablespoons hot sauce
- ☐ 6 servings kosher salt and pepper black freshly ground
- ☐ 1 teaspoon lemon pepper
- ☐ 2 teaspoons poultry seasoning
- ☐ 1 tablespoon pepper flakes red
- ☐ 1 tablespoon seasoning salt
- ☐ 1 cup cup heavy whipping cream sour
- ☐ 6 servings vegetable oil for frying

Equipment

- ☐ bowl
- ☐ baking sheet
- ☐ whisk
- ☐ baking pan
- ☐ kitchen thermometer
- ☐ dutch oven
- ☐ deep fryer

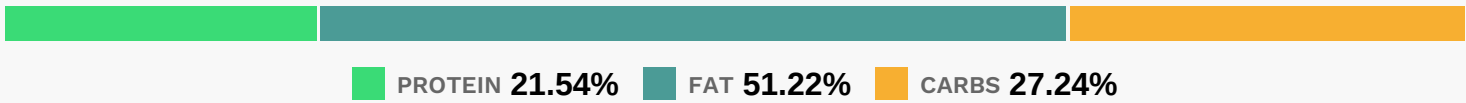
Directions

- ☐ Whisk the seasoning salt, red pepper flakes, cayenne, poultry seasoning, lemon pepper and 2 teaspoons black pepper in a small bowl. Set aside 2 tablespoons seasoning in a separate bowl.
- ☐ Rinse the wings under cold water and place in a shallow baking dish.
- ☐ Sprinkle with the seasoning, then refrigerate, covered, 1 hour.
- ☐ Whisk the eggs, hot sauce, red pepper flakes, cayenne and 1 teaspoon black pepper in a medium bowl.
- ☐ Put the flour in a shallow dish or pie plate.
- ☐ In a large deep fryer or Dutch oven, heat 2 inches of vegetable oil until a deep-fry thermometer registers 350 degrees F. Dip the wings in the eggs, then in the flour.

- ☐
- Place the wings, three at a time, in the hot oil and fry until golden, 8 to 10 minutes, turning occasionally.

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Nutrition Facts



Properties

Glycemic Index:50.33, Glycemic Load:23.32, Inflammation Score:-8, Nutrition Score:20.056956457055%

Nutrients (% of daily need)

Calories: 572.23kcal (28.61%), Fat: 32.33g (49.74%), Saturated Fat: 10.48g (65.52%), Carbohydrates: 38.69g (12.9%), Net Carbohydrates: 36.12g (13.13%), Sugar: 3.69g (4.1%), Cholesterol: 178.92mg (59.64%), Sodium: 1598.98mg (69.52%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 30.59g (61.19%), Selenium: 40.36µg (57.66%), Vitamin B3: 10.26mg (51.3%), Vitamin A: 1494.56IU (29.89%), Vitamin B6: 0.59mg (29.33%), Vitamin B2: 0.49mg (28.96%), Phosphorus: 286.14mg (28.61%), Vitamin B1: 0.42mg (28.13%), Folate: 98.04µg (24.51%), Manganese: 0.49mg (24.31%), Iron: 4.17mg (23.15%), Zinc: 2.44mg (16.29%), Vitamin B5: 1.53mg (15.34%), Vitamin K: 15.25µg (14.52%), Vitamin E: 2.04mg (13.58%), Potassium: 428.57mg (12.24%), Magnesium: 46.17mg (11.54%), Vitamin B12: 0.62µg (10.35%), Vitamin C: 8.49mg (10.29%), Fiber: 2.57g (10.27%), Calcium: 90.27mg (9.03%), Copper: 0.18mg (8.97%), Vitamin D: 0.46µg (3.04%)