



Unbelievable Baked Buffalo Wings

 **Gluten Free**  **Dairy Free**  **Low Fod Map**

READY IN



45 min.

SERVINGS



2

CALORIES



340 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 1 lb chicken wings
- 1 tablespoon ground pepper
- 1 teaspoon pepper red crushed
- 1 tablespoon salt
- 0.5 cup hot sauce
- 1 tablespoon butter

Equipment

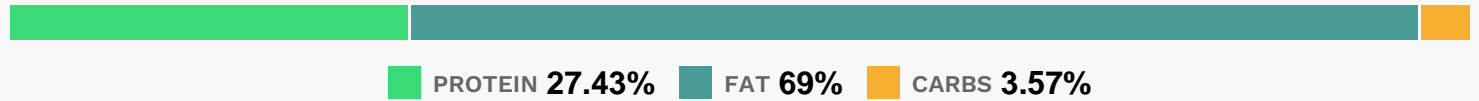
- oven

- pot
- microwave

Directions

- Fill a large pot half way with water and then add the first 4 ingredients.
- Bring water mixture and wings to a boil and then boil for 15 minutes.
- Transfer wings to an oven safe container coated with cooking spray.
- Bake wings on "Broil" (high) for 15 minutes on each side.(For crispier wings, cook longer on each side, maybe 20 minutes per side).
- While waiting for wings, combine the Hot Sauce and Margarine in a microwave safe container and cook in microwave for 2 minutes or until melted. (You can cook the sauce longer for a thicker sauce).
- When wings are done, shake 'em up with the sauce and enjoy!

Nutrition Facts



Properties

Glycemic Index:16, Glycemic Load:0.24, Inflammation Score:-8, Nutrition Score:14.030869559101%

Nutrients (% of daily need)

Calories: 339.58kcal (16.98%), Fat: 25.99g (39.98%), Saturated Fat: 6.79g (42.46%), Carbohydrates: 3.03g (1.01%), Net Carbohydrates: 1.82g (0.66%), Sugar: 1.09g (1.21%), Cholesterol: 94.3mg (31.43%), Sodium: 5246.58mg (228.11%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 23.25g (46.51%), Vitamin C: 47.67mg (57.78%), Vitamin B3: 7.75mg (38.73%), Vitamin A: 1864.37IU (37.29%), Vitamin B6: 0.61mg (30.28%), Selenium: 19.42µg (27.74%), Phosphorus: 180.2mg (18.02%), Zinc: 1.81mg (12.06%), Vitamin E: 1.78mg (11.89%), Vitamin B2: 0.19mg (11.29%), Iron: 1.85mg (10.27%), Vitamin B5: 1.02mg (10.19%), Potassium: 350.96mg (10.03%), Magnesium: 30.63mg (7.66%), Vitamin B12: 0.4µg (6.65%), Manganese: 0.13mg (6.37%), Vitamin B1: 0.09mg (6.12%), Fiber: 1.21g (4.83%), Copper: 0.09mg (4.45%), Vitamin K: 4.5µg (4.29%), Calcium: 30.76mg (3.08%), Folate: 11.5µg (2.87%)