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Classic Wings - Medium Buffalo (40 piece)

Classic Wings - Medium Buffalo is a popular recipe known for its delicious and tangy flavor. It is typically enjoyed as a snack or appetizer. The wings are coated in a spicy buffalo sauce and cooked until crispy. This recipe yields 40 pieces of wings, making it perfect for parties or gatherings.

Recipe Type: Standard

Prep Time: 10 mins

Cook Time: 25 mins

Total Time: 35 mins

Recipe Yield: 1200 grams

Number of Servings: 10

Serving Size: 120 g

Ingredients

1200 g	Chicken Wings
2 c	buffalo sauce
2 tbsp	vegetable oil
1 tsp	Salt

1 tsp	Black pepper
1 tsp	Garlic powder
1 tsp	Paprika

Directions

Step 1

Preheating

Preheat the oven to 400°F (200°C).

Prep Time: 5 mins

Cook Time: 0 mins

Step 2

Mixing

In a large bowl, toss the chicken wings with salt, black pepper, garlic powder, and paprika.

Prep Time: 5 mins

Cook Time: 0 mins

Step 3

Oven

Spread the wings on a baking sheet and bake for 25 minutes, flipping halfway through.

Prep Time: 0 mins

Cook Time: 25 mins

Step 4

Stove

In a saucepan, heat the buffalo sauce and vegetable oil over medium heat until heated through.

Prep Time: 5 mins

Cook Time: 5 mins

Step 5

Mixing

Transfer the baked wings to a large bowl and pour the buffalo sauce over them. Toss to coat evenly.

Prep Time: 0 mins

Cook Time: 0 mins

Step 6

Serving

Serve the wings hot and enjoy!

Prep Time: 0 mins

Cook Time: 0 mins

Nutrition Facts

Calories: 200 kcal

Fat: 10 g

Protein: 25 g

Carbohydrates: 2 g

Nutrition Facts

Proteins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Protein	25 g	147.06%	147.06%

Carbohydrates

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Carbohydrates	2 g	3.64%	4%
Fibers	0 g	0%	0%
Sugars	1 g	N/A	N/A
Lactose	0 g	N/A	N/A

Fats

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Monounsaturated Fat	5 g	N/A	N/A
Saturated Fat	3 g	13.64%	17.65%
Fat	10 g	35.71%	40%
Cholesterol	75 mg	N/A	N/A

Vitamins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Vitamin A	2 iu	0.22%	0.29%
Vitamin C	0 mg	0%	0%
Vitamin B6	10 mg	769.23%	769.23%
Vitamin B12	15 mcg	625%	625%
Vitamin E	2 mg	13.33%	13.33%
Vitamin D	0 mcg	0%	0%

Minerals

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Sodium	400 mg	17.39%	17.39%
Calcium	2 mg	0.2%	0.2%

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Iron	10 mg	125%	55.56%
Potassium	200 mg	5.88%	7.69%
Zinc	10 mg	90.91%	125%
Selenium	15 mcg	27.27%	27.27%

Recipe Attributes

Events

Picnic Game Day

Kitchen Tools

Slow Cooker Blender

Course

Drinks Breads Appetizers Snacks Sauces & Dressings

Cultural

Chinese New Year Cinco de Mayo Diwali Hanukkah Oktoberfest
Passover Ramadan St. Patrick's Day Thanksgiving Christmas Easter

Meal Type

Snack Supper

Difficulty Level

Medium

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