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Jumbo Wings with Ranch Dressing & Honey BBQ Sauce

This recipe features jumbo wings coated in a delicious honey BBQ sauce and served with a side of creamy ranch dressing. The wings are crispy on the outside and tender on the inside, and the combination of flavors is simply irresistible. Whether you're hosting a game day party or just craving some finger-licking good wings, this recipe is sure to satisfy.

Recipe Type: Standard

Prep Time: 15 mins

Cook Time: 40 mins

Total Time: 55 mins

Recipe Yield: 1000 grams

Number of Servings: 4

Serving Size: 250 g

Ingredients

1000 g	jumbo wings
1 c	ranch dressing
1 c	honey bbq sauce

Directions

Step 1

Preheating

Preheat the oven to 425°F (220°C).

Prep Time: 5 mins

Cook Time: 0 mins

Step 2

Baking

Place the jumbo wings on a baking sheet lined with parchment paper.

Prep Time: 5 mins

Cook Time: 30 mins

Step 3

Stove

While the wings are baking, prepare the honey BBQ sauce by combining the honey and BBQ sauce in a small saucepan over low heat. Cook until heated through, stirring occasionally.

Prep Time: 5 mins

Cook Time: 5 mins

Step 4

Baking

Remove the wings from the oven and brush them with the honey BBQ sauce. Return to the oven and bake for an additional 5 minutes.

Prep Time: 0 mins

Cook Time: 5 mins

Step 5

Serve the jumbo wings with a side of ranch dressing.

Prep Time: 0 mins

Cook Time: 0 mins

Nutrition Facts

Calories: 300 kcal

Fat: 20 g

Protein: 25 g

Carbohydrates: 10 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	10 g	18.18%	20%
Fibers	1 g	2.63%	4%
Sugars	8 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	10 g	45.45%	58.82%
Fat	20 g	71.43%	80%
Cholesterol	100 mg	N/A	N/A

Vitamins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
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Vitamin A	10 iu	1.11%	1.43%
Vitamin C	2 mg	2.22%	2.67%
Vitamin B6	15 mg	1153.85%	1153.85%
Vitamin B12	20 mcg	833.33%	833.33%
Vitamin E	6 mg	40%	40%
Vitamin D	0 mcg	0%	0%

Minerals

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Sodium	500 mg	21.74%	21.74%
Calcium	2 mg	0.2%	0.2%
Iron	10 mg	125%	55.56%
Potassium	400 mg	11.76%	15.38%
Zinc	15 mg	136.36%	187.5%
Selenium	30 mcg	54.55%	54.55%

Recipe Attributes

Events

Picnic

Game Day

Kitchen Tools

Slow Cooker

Blender

Course

Snacks

Diet

Anti-Inflammatory Diet

Cuisines

American

Cooking Method

Saut eung

Simmering

Cooking

Mashing

Sprinkling

Refrigerating

Healthy For

Gastroesophageal reflux disease (GERD)

Gastritis

Peptic ulcer disease

Inflammatory bowel disease (IBD)

Irritable bowel syndrome (IBS)

Celiac disease

Diverticulitis

Meal Type

Lunch

Dinner

Snack

Difficulty Level

Medium

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