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## Jumbo Wings with Buffalo Mild Sauce

Jumbo Wings with Buffalo Mild Sauce is a classic American dish that is perfect for game day or any casual gathering. The wings are crispy on the outside and juicy on the inside, and the Buffalo Mild Sauce adds a tangy and spicy kick. This recipe is not suitable for vegetarians or vegans.

**Recipe Type:** Standard

**Prep Time:** 15 mins

**Cook Time:** 30 mins

**Total Time:** 45 mins

**Recipe Yield:** 1000 grams

**Number of Servings:** 4

**Serving Size:** 250 g

### Ingredients

1000 g jumbo wings

1 c buffalo mild sauce

# Directions

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## Step 1

Oven

Preheat the oven to 425°F (220°C).

**Prep Time:** 5 mins

**Cook Time:** 0 mins

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## Step 2

Baking

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

**Prep Time:** 5 mins

**Cook Time:** 30 mins

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## Step 3

Oven

Bake the wings for 30 minutes, or until they are crispy and golden brown.

**Prep Time:** 0 mins

**Cook Time:** 30 mins

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## Step 4

## Stove

In a saucepan, heat the Buffalo Mild Sauce over medium heat until warmed through.

**Prep Time:** 5 mins

**Cook Time:** 5 mins

## Step 5

### Mixing

Toss the baked wings in the Buffalo Mild Sauce until evenly coated.

**Prep Time:** 0 mins

**Cook Time:** 0 mins

## Step 6

### Serving

Serve the jumbo wings with celery sticks and blue cheese dressing, if desired.

**Prep Time:** 0 mins

**Cook Time:** 0 mins

## Nutrition Facts

**Calories:** 300 kcal

**Fat:** 20 g

**Protein:** 25 g

**Carbohydrates:** 5 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	5 g	9.09%	10%
Fibers	2 g	5.26%	8%
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

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
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)
Vitamin A	10 iu	1.11%	1.43%
Vitamin C	20 mg	22.22%	26.67%
Vitamin B6	15 mg	1153.85%	1153.85%
Vitamin B12	20 mcg	833.33%	833.33%
Vitamin E	4 mg	26.67%	26.67%
Vitamin D	0 mcg	0%	0%

## Minerals

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Sodium	1000 mg	43.48%	43.48%
Calcium	2 mg	0.2%	0.2%
Iron	10 mg	125%	55.56%
Potassium	6 mg	0.18%	0.23%

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Zinc	10 mg	90.91%	125%
Selenium	20 mcg	36.36%	36.36%

## Recipe Attributes

### Events

Picnic

### Kitchen Tools

Microwave

Slow Cooker

### Course

Drinks

Snacks

### Cultural

Chinese New Year

Halloween

### Cost

Under \$10

\$40 to \$50

### Demographics

Pregnancy Safe

Lactation Friendly

Diabetic Friendly

Heart Healthy

### Diet

Mediterranean Diet

DASH Diet (Dietary Approaches to Stop Hypertension)

MIND Diet (Mediterranean-DASH Diet Intervention for Neurodegenerative Delay)

Nutrisystem Diet

OMAD (One Meal a Day) Diet

Vegetarian Diet

Vegan Diet

### Meal Type

Snack

Supper

**Difficulty Level**

Easy

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