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Jumbo Wings with Bourbon Street Wing Sauce ♦♦

Jumbo wings coated in a delicious Bourbon Street wing sauce. These wings are perfect for game day or any gathering.

Recipe Type: Standard

Prep Time: 15 mins

Cook Time: 25 mins

Total Time: 40 mins

Recipe Yield: 1000 grams

Number of Servings: 10

Serving Size: 100 g

Ingredients

1000 g jumbo wings

2 c bourbon street wing sauce

Directions

Step 1

Oven

Preheat the oven to 400°F (200°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: 25 mins

Step 3

Oven

Bake the wings for 25 minutes or until they are cooked through and crispy.

Prep Time: 0 mins

Cook Time: 25 mins

Step 4

Stove

In a saucepan, heat the Bourbon Street wing sauce over medium heat until warmed through.

Prep Time: 5 mins

Cook Time: 5 mins

Step 5

Mixing

Toss the baked wings in the warm Bourbon Street wing sauce until evenly coated.

Prep Time: 0 mins

Cook Time: 0 mins

Step 6

Serving

Serve the jumbo wings with additional Bourbon Street wing sauce on the side.

Prep Time: 0 mins

Cook Time: 0 mins

Nutrition Facts

Calories: 250 kcal

Fat: 15 g

Protein: 20 g

Carbohydrates: 5 g

Nutrition Facts

Proteins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Protein	20 g	117.65%	117.65%

Carbohydrates

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Carbohydrates	5 g	9.09%	10%
Fibers	0 g	0%	0%
Sugars	3 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	2 g	9.09%	11.76%
Fat	15 g	53.57%	60%
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	2 mg	2.22%	2.67%
Vitamin B6	10 mg	769.23%	769.23%
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	500 mg	21.74%	21.74%
Calcium	2 mg	0.2%	0.2%
Iron	10 mg	125%	55.56%
Potassium	200 mg	5.88%	7.69%

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Zinc	15 mg	136.36%	187.5%
Selenium	20 mcg	36.36%	36.36%

Recipe Attributes

Events

Picnic Game Day

Kitchen Tools

Slow Cooker Blender Mixer Oven Stove Microwave Grill

Cuisines

Italian

Diet

Anti-Inflammatory Diet

Nutritional Content

High Protein Low Fat Low Carb High Fiber Low Sodium Sugar-Free
High Vitamin C High Iron High Calcium

Meal Type

Snack Supper

Difficulty Level

Easy

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