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Jumbo Wings with Bleu Cheese Dressing and Ranch Dressing

This recipe features jumbo wings served with a delicious combination of bleu cheese dressing and ranch dressing. The wings are crispy on the outside and juicy on the inside, making them the perfect appetizer or main dish for any occasion. Whether you're hosting a game day party or simply craving some delicious wings, this recipe is sure to satisfy your taste buds.

Recipe Type: Standard

Prep Time: 15 mins

Cook Time: 25 mins

Total Time: 40 mins

Recipe Yield: 500 grams

Number of Servings: 4

Serving Size: 125 g

Ingredients

1000 g	jumbo wings
250 g	bleu cheese dressing
250 g	ranch dressing

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: 20 mins

Step 3

Oven

Bake the wings in the preheated oven for 20 minutes or until they are crispy and golden brown.

Prep Time: 0 mins

Cook Time: 20 mins

Step 4

Mixing

In a small bowl, mix together the bleu cheese dressing and ranch dressing.

Prep Time: 5 mins

Cook Time: 0 mins

Step 5

Serving

Serve the jumbo wings with the bleu cheese and ranch dressing on the side.

Prep Time: 0 mins

Cook Time: 0 mins

Nutrition Facts

Calories: 400 kcal

Fat: 18 g

Protein: 50 g

Carbohydrates: 2 g

Nutrition Facts

Proteins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Protein	50 g	294.12%	294.12%

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	10 g	N/A	N/A
Saturated Fat	6 g	27.27%	35.29%
Fat	18 g	64.29%	72%
Cholesterol	200 mg	N/A	N/A

Vitamins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Vitamin A	10 iu	1.11%	1.43%
Vitamin C	0 mg	0%	0%
Vitamin B6	30 mg	2307.69%	2307.69%
Vitamin B12	60 mcg	2500%	2500%
Vitamin E	8 mg	53.33%	53.33%
Vitamin D	0 mcg	0%	0%

Minerals

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Sodium	800 mg	34.78%	34.78%
Calcium	4 mg	0.4%	0.4%
Iron	15 mg	187.5%	83.33%
Potassium	500 mg	14.71%	19.23%
Zinc	25 mg	227.27%	312.5%
Selenium	70 mcg	127.27%	127.27%

Recipe Attributes

Events

Game Day

Course

Appetizers

Main Dishes

Sauces & Dressings

Cooking Method

Whipping

Simmering

Cut

Serving

Cooking

None

Sprinkling

Refrigerating

Stove

Healthy For

Gastroesophageal reflux disease (GERD)

Gastroparesis

Hepatitis

Kitchen Tools

Slow Cooker

Blender

Nutritional Content

Low Calorie

Cuisines

Italian

Meal Type

Lunch

Dinner

Snack

Difficulty Level

Medium

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