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Spicy Hot Wings ♦♦

Spicy hot wings are a popular appetizer or main dish made with chicken wings coated in a spicy sauce and typically served with celery sticks and blue cheese or ranch dressing. They are often enjoyed as a snack or during game day gatherings.

Recipe Type: Standard

Prep Time: 15 mins

Cook Time: 30 mins

Total Time: 45 mins

Recipe Yield: 500 grams

Number of Servings: 4

Serving Size: 125 g

Ingredients

1000 g	Chicken Wings
1 c	hot sauce
4 tbsp	Butter
2 tsp	Garlic powder
2 tsp	Paprika

1 tsp	Cayenne pepper
1 tsp	Salt
1 tsp	Black pepper
200 g	celery sticks
4 tbsp	blue cheese dressing

Directions

Step 1

Preheating

Preheat the oven to 425°F (220°C) and line a baking sheet with parchment paper.

Prep Time: 5 mins

Cook Time: 0 mins

Step 2

Stove

In a small saucepan, melt the butter over low heat. Stir in the hot sauce, garlic powder, paprika, cayenne pepper, salt, and black pepper until well combined.

Prep Time: 5 mins

Cook Time: 5 mins

Step 3

Oven

Place the chicken wings on the prepared baking sheet and brush them with the spicy sauce mixture.

Prep Time: 5 mins

Cook Time: 20 mins

Step 4

Oven

Bake the wings in the preheated oven for 20-25 minutes or until they are cooked through and crispy.

Prep Time: 0 mins

Cook Time: 20 mins

Step 5

Serve the hot wings with celery sticks and blue cheese dressing on the side.

Prep Time: 0 mins

Cook Time: 0 mins

Nutrition Facts

Calories: 286 kcal

Fat: 17 g

Protein: 30 g

Carbohydrates: 2 g

Nutrition Facts

Proteins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Protein	30 g	176.47%	176.47%

Carbohydrates

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

Fats

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
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Monounsaturated Fat	7 g	N/A	N/A
Saturated Fat	4 g	18.18%	23.53%
Fat	17 g	60.71%	68%
Cholesterol	110 mg	N/A	N/A

Vitamins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Vitamin A	10 iu	1.11%	1.43%
Vitamin C	3 mg	3.33%	4%
Vitamin B6	15 mg	1153.85%	1153.85%
Vitamin B12	15 mcg	625%	625%
Vitamin E	4 mg	26.67%	26.67%
Vitamin D	0 mcg	0%	0%

Minerals

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Sodium	950 mg	41.3%	41.3%
Calcium	2 mg	0.2%	0.2%
Iron	8 mg	100%	44.44%
Potassium	4 mg	0.12%	0.15%
Zinc	15 mg	136.36%	187.5%

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Selenium	30 mcg	54.55%	54.55%

Recipe Attributes

Kitchen Tools

Grill Slow Cooker Pressure Cooker Air Fryer Food Processor

Course

Appetizers Main Dishes Side Dishes Desserts Drinks Breads Salads
Soups Snacks Sauces & Dressings

Cultural

Chinese New Year Cinco de Mayo Diwali Hanukkah Oktoberfest

Meal Type

Snack Lunch Supper

Difficulty Level

Easy

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