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Buffalo Chicken ·•

Buffalo chicken is a spicy and tangy dish made with chicken wings or chicken breast. It originated in Buffalo, New York and is commonly consumed as an appetizer or main dish. The chicken is typically coated in a mixture of hot sauce and butter, then baked or fried until crispy. It is often served with celery sticks and blue cheese or ranch dressing.

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	Chicken Wings
250 ml	hot sauce
100 g	butter
200 g	celery sticks
200 g	blue cheese dressing

Directions

Step 1

Oven

Preheat the oven to 425°F (220°C).

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 until well combined.

Prep Time: 5 mins

Cook Time: 5 mins

Step 3

Oven

Place the chicken wings on a baking sheet and brush them with the hot sauce mixture.

Prep Time: 5 mins

Cook Time: 15 mins

Step 4

Oven

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

Prep Time: 0 mins

Cook Time: 25 mins

Step 5

Serve the buffalo chicken wings with celery sticks and blue cheese dressing.

Prep Time: 0 mins

Cook Time: 0 mins

Nutrition Facts

Calories: 218 kcal

Fat: 14 g

Protein: 21 g

Carbohydrates: 1 g

Nutrition Facts

Proteins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Protein	21 g	123.53%	123.53%

Carbohydrates

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Carbohydrates	1 g	1.82%	2%
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)
Monounsaturated Fat	3 g	N/A	N/A
Saturated Fat	5 g	22.73%	29.41%
Fat	14 g	50%	56%
Cholesterol	80 mg	N/A	N/A

Vitamins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
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Vitamin A	2 iu	0.22%	0.29%
Vitamin C	0 mg	0%	0%
Vitamin B6	10 mg	769.23%	769.23%
Vitamin B12	10 mcg	416.67%	416.67%
Vitamin E	4 mg	26.67%	26.67%
Vitamin D	0 mcg	0%	0%

Minerals

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Sodium	830 mg	36.09%	36.09%
Calcium	1 mg	0.1%	0.1%
Iron	6 mg	75%	33.33%
Potassium	240 mg	7.06%	9.23%
Zinc	10 mg	90.91%	125%
Selenium	30 mcg	54.55%	54.55%

Recipe Attributes

Events

Picnic

Course

Appetizers

Main Dishes

Snacks

Cultural

Chinese New Year

Diwali

Halloween

Cost

\$10 to \$20

\$20 to \$30

\$40 to \$50

Demographics

Kids Friendly

Teen Friendly

Lactation Friendly

Diabetic Friendly

Heart Healthy

Diet

Mediterranean Diet

Flexitarian Diet

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

Paleo Diet

Vegetarian Diet

Meal Type

Snack

Supper

Difficulty Level

Easy

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