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Chicken Wings Buffalo Style

Chicken wings buffalo style is a popular dish that originated in Buffalo, New York. It is made by deep-frying chicken wings and then tossing them in a spicy sauce made with hot sauce, butter, and other seasonings. The wings are typically served with celery sticks and blue cheese dressing. This dish is often enjoyed as a snack or appetizer, especially during sporting events or parties.

Recipe Type: Standard

Prep Time: 15 mins

Cook Time: 20 mins

Total Time: 35 mins

Recipe Yield: 500 grams

Number of Servings: 5

Serving Size: 100 g

Ingredients

1000 g	Chicken Wings
120 ml	hot sauce
100 g	Butter
100 g	All-Purpose Flour

5 g	Salt
5 g	Black pepper
5 g	Garlic powder
5 g	Onion powder
200 g	celery sticks
200 g	blue cheese dressing

Directions

Step 1

Preheating

Preheat the oven to 200°C.

Prep Time: 5 mins

Cook Time: 0 mins

Step 2

Mixing

In a large bowl, mix together the all-purpose flour, salt, black pepper, garlic powder, and onion powder.

Prep Time: 5 mins

Cook Time: 0 mins

Step 3

Coating

Coat the chicken wings in the flour mixture, shaking off any excess.

Prep Time: 5 mins

Cook Time: 0 mins

Step 4

Frying

In a deep fryer or large pot, heat vegetable oil to 180°C.

Prep Time: 5 mins

Cook Time: 10 mins

Step 5

Frying

Fry the chicken wings in batches until they are golden brown and crispy, about 8-10 minutes per batch.

Prep Time: 0 mins

Cook Time: 20 mins

Step 6

Heating

In a small saucepan, melt the butter over low heat.

Prep Time: 2 mins

Cook Time: 0 mins

Step 7

Stirring

Add the hot sauce to the melted butter and stir until well combined.

Prep Time: 2 mins

Cook Time: 0 mins

Step 8

Mixing

Transfer the fried chicken wings to a large bowl and pour the hot sauce mixture over them. Toss until the wings are evenly coated.

Prep Time: 2 mins

Cook Time: 0 mins

Step 9

Oven

Place the coated wings on a baking sheet and bake in the preheated oven for 10 minutes to allow the sauce to soak in.

Prep Time: 0 mins

Cook Time: 10 mins

Step 10

Serving

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

Prep Time: 0 mins

Cook Time: 0 mins

Nutrition Facts

Calories: 216 kcal

Fat: 13 g

Protein: 19 g

Carbohydrates: 6 g

Nutrition Facts

Proteins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
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Protein	19 g	111.76%	111.76%
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Carbohydrates

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Carbohydrates	6 g	10.91%	12%
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	5 g	N/A	N/A
Saturated Fat	4 g	18.18%	23.53%
Fat	13 g	46.43%	52%
Cholesterol	73 mg	N/A	N/A

Vitamins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Vitamin A	6 iu	0.67%	0.86%
Vitamin C	0 mg	0%	0%

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Vitamin B6	0 mg	0%	0%
Vitamin B12	1 mcg	41.67%	41.67%
Vitamin E	0 mg	0%	0%
Vitamin D	0 mcg	0%	0%

Minerals

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Sodium	860 mg	37.39%	37.39%
Calcium	2 mg	0.2%	0.2%
Iron	8 mg	100%	44.44%
Potassium	206 mg	6.06%	7.92%
Zinc	1 mg	9.09%	12.5%
Selenium	19 mcg	34.55%	34.55%

Recipe Attributes

Seasonality

Fall

Kitchen Tools

Slow Cooker

Blender

Microwave

Nutritional Content

Low Calorie

Cuisines

Italian

Diet

Anti-Inflammatory Diet

Events

Picnic

Course

Appetizers

Side Dishes

Drinks

Salads

Snacks

Cultural

Chinese New Year

Diwali

Oktoberfest

Ramadan

Thanksgiving

Easter

Cost

Under \$10

Meal Type

Snack

Dinner

Lunch

Difficulty Level

Easy

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