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Blazin Buffalo ♦♦

Blazin Buffalo is a spicy and flavorful chicken dish that is perfect for those who love heat. It is typically consumed as a main course and is often served with a side of ranch or blue cheese dressing.

Recipe Type: Standard

Prep Time: 15 mins

Cook Time: 20 mins

Total Time: 35 mins

Recipe Yield: 100 grams

Number of Servings: 4

Serving Size: 25 g

Ingredients

500 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

Directions

Step 1

Preheating

Preheat the oven to 450°F (230°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, garlic powder, paprika, cayenne pepper, salt, and black pepper.

Prep Time: 5 mins

Cook Time: 5 mins

Step 3

Oven

Place the chicken wings on a baking sheet and bake for 25 minutes, or until cooked through and crispy.

Prep Time: 5 mins

Cook Time: 25 mins

Step 4

Remove the wings from the oven and toss them in the hot sauce mixture until well coated.

Prep Time: 0 mins

Cook Time: 0 mins

Step 5

Serving

Serve hot with ranch or blue cheese dressing.

Prep Time: 0 mins

Cook Time: 0 mins

Nutrition Facts

Calories: 215 kcal

Fat: 12 g

Protein: 24 g

Carbohydrates: 2 g

Nutrition Facts

Proteins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Protein	24 g	141.18%	141.18%

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)
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	12 g	42.86%	48%
Cholesterol	80 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	15 mg	1153.85%	1153.85%
Vitamin B12	10 mcg	416.67%	416.67%
Vitamin E	2 mg	13.33%	13.33%
Vitamin D	0 mcg	0%	0%

Minerals

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Sodium	700 mg	30.43%	30.43%
Calcium	2 mg	0.2%	0.2%
Iron	10 mg	125%	55.56%
Potassium	0 mg	0%	0%

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Zinc	8 mg	72.73%	100%
Selenium	30 mcg	54.55%	54.55%

Recipe Attributes

Events

Picnic

Kitchen Tools

Slow Cooker

Blender

Cuisines

Italian

Course

Appetizers

Salads

Snacks

Cultural

Chinese New Year

Cost

\$10 to \$20

\$20 to \$30

\$40 to \$50

Demographics

Kids Friendly

Pregnancy Safe

Lactation Friendly

Allergy Friendly

Heart Healthy

Diet

Mediterranean Diet

DASH Diet (Dietary Approaches to Stop Hypertension)

Flexitarian Diet

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

Meal Type

Lunch

Dinner

Snack

Difficulty Level

Medium

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