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Buffalo Chicken Wings

Finger food at its best! Whip up a batch of these crispy hot wings for a sure-fire crowd pleaser. Serve with celery sticks and blue cheese dressing (below).

Ingredients

1 egg
 1/2 cup canola oil
 1 cup cider vinegar
 1 teaspoon salt
 1/2 teaspoon pepper
 Cayenne pepper to taste
 1/2 teaspoon garlic powder
 1/4 teaspoon celery salt
 2 pounds chicken wings

Blue Cheese Dipping Sauce:

1 cup mayonnaise
 1/2 cup sour cream
 1 green onion, chopped
 1 garlic clove, pushed through a press
 1 tablespoon lemon juice
 1/4 cup crumbled blue cheese

Directions

1. For wings: Heat oven to 450°F. Beat egg in a medium bowl. Add oil and beat until combined. Add vinegar, salt, pepper, cayenne, garlic powder and celery salt; stir until well combined.
2. Cut chicken wings in half at joint; remove wing tips and discard (or save for soup stock). Dip chicken pieces into marinade and arrange on a large baking pan.
3. Bake 20 minutes, turning and brushing with marinade several times, until wings are crisp. Remove from oven; drain and arrange on a warm platter. Serve with Blue Cheese Dipping Sauce.
4. For dipping sauce: Combine all ingredients. Mix well. Chill 30 minutes for flavors to blend.

[IN BRIEF]

Servings: 6
 Prep time: 25 minutes
 Bake/Cook time: 20 minutes
 Chill time: 30 minutes

[NUTRITION PER SERVING]

Carbohydrates: 6 grams
Net Carbs: 5.5 grams
Fiber: 0.5 grams
Protein: 19 grams
Fat: 65 grams
Calories: 678

Good for:
 Atkins Phases:

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http://www.atkinscenter.com/food/recipes/all/Buffalo_Chicken_Wings.html

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