



## Buffalo Wings

### **Ingredients:**

2 lbs Chicken Wings  
1 TBSP Baking Powder  
½ tsp Salt  
½ tsp Pepper

### **Buffalo Sauce:**

1 Cup Franks Red Hot Sauce  
¼ Cup Butter  
1 TBSP White Vinegar  
½ tsp Worcestershire  
1 tsp Garlic Powder  
1 tsp Paprika  
¼ tsp Salt



### **Instructions:**

Place your chicken wings on a flat surface and pat them dry on both sides. Season with salt and pepper and sprinkle on baking powder. Adding baking powder is optional but it will help your wings get more crispy. Toss your wings until well coated.

Preheat your air fryer and set it to 380 degrees and place wings on the air fryer tray. Spray with Avocado or Olive Oil Spray on both sides. Cook for 10 - 15 minutes.

While the chicken wings cook, you can make the buffalo sauce. In a saucepan on medium low heat, add in all the sauce ingredients listed above and allow the butter to melt and mix and let simmer for about 15 minutes.

Once your wings are done in the Air Fryer, remove them and let them rest a few minutes on a wire rack. This will allow them to not get soggy on the bottom from the heat. Allow them to cool for about 5 minutes.

Place your wings into a bowl and drizzle with your hot buffalo sauce and toss until all your wings are well coated in the sauce.

The sauce will make about 8 oz so how much you use will depend on how many wings you make. You can place the sauce in the fridge and save for next time to make more wings. You can probably make about 3 to 4 servings of wings with the 8 oz jar which is about 5-6 wings per serving.

When you make wings again using your leftover sauce, all you have to do is reheat the sauce in a bowl in the microwave and then add in your wings and toss.

Serve your wings with celery and ranch on the side.

*\*The macros below I listed are per wing depending on how much you want to make and for the sauce I calculated it for the entire jar since it will vary how much you use.*

Servings: About 20 wings depending on the size of your wings

**Macros per wing:**

Net Carbs: 1  
Fiber: 0  
Total Carbs: 1  
Protein: 8  
Fat: 6  
Calories: 89

**Macros for Buffalo Sauce ( 8 oz jar)**

Net Carbs: 3  
Fiber: 1  
Total Carbs: 4  
Protein: 1  
Fat: 45  
Calories: 426