



## Baked Buffalo Wings

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This recipe for baked buffalo wings is ultra crispy baked chicken wings tossed in a classic spicy sauce and served with a lightened up blue cheese dip. Snack away with less guilt!

**Course** Appetizer, Main  
**Cuisine** American  
**Keyword** baked buffalo wings, buffalo chicken wings

**Prep Time** 20 minutes  
**Cook Time** 45 minutes  
**Total Time** 1 hour 5 minutes  
**Servings** 6 servings  
**Calories** 464kcal  
**Author** Dinner at the Zoo

### Ingredients

- 3 pounds party style chicken wings or whole chicken wings that have been halved crosswise
- 1 tablespoon baking powder do NOT use baking soda
- 1 teaspoon salt
- 1/2 teaspoon pepper
- 1/2 teaspoon garlic powder
- 1/2 teaspoon onion powder
- 1/2 cup hot sauce such as Frank's Red Hot Sauce
- 4 tablespoons butter melted
- 1 tablespoon honey
- celery sticks and ranch dressing for serving.

### Instructions

1. Preheat the oven to 400 degrees. Line a sheet pan with foil and place a non stick oven safe rack on top of the pan.
2. Place the chicken wings in a bowl. Add the baking powder, salt, pepper, garlic powder and onion powder.
3. Toss to coat the chicken evenly with the baking powder and spices.
4. Place the wings on the rack in a single layer.
5. Bake for 45 minutes or until wings are light golden brown and crispy.
6. In a small bowl, whisk together the hot sauce, butter and honey.
7. Pour the sauce over the wings and toss to coat evenly.
8. Serve with celery sticks and ranch dressing.

### Nutrition

Calories: 464kcal | Carbohydrates: 2g | Protein: 36g | Fat: 24g | Saturated Fat: 14g | Cholesterol: 215mg | Sodium: 522mg | Fiber: 1g | Sugar: 1g