

# Italian Herb Wings with Gorgonzola Dipping Sauce

Yield: 4 min  
Total Time: 40 min

Recipe from: <https://www.recipeschoose.com/recipes/italian-parmesan-chicken-wings-recipe>

## Ingredients:

- 4 pounds chicken wings
- 4 tablespoons olive oil
- 6 cloves garlic minced
- 1/3 cup Parmesan cheese grated
- 1 1/2 teaspoons salt
- 1 teaspoon ground black pepper
- 1 teaspoon dried thyme
- 1/2 teaspoon dried oregano
- 1/2 teaspoon dried basil
- 1/3 cup gorgonzola cheese crumbles
- 2/3 cup mayo
- 1/4 cup sour cream
- 2 tablespoons lemon juice fresh
- 1/2 teaspoon salt
- 1/4 teaspoon pepper

## Nutrition:

1. Calories: 1350 calories
2. Carbohydrate: 13 grams
3. Cholesterol: 375 milligrams
4. Fat: 104 grams
5. Protein: 86 grams
6. SaturatedFat: 25 grams
7. Sodium: 1940 milligrams
8. Sugar: 3 grams

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