

Recipe for Buffalo Hot Wings

Yield: 4 min
Total Time: 55 min

Recipe from: <https://www.recipeschoose.com/recipes/mexican-red-hot-salsa-recipe>

Ingredients:

- 3 pounds boneless skinless chicken breast cut into small cubes
- 4 cups flour
- 2 teaspoons salt
- 1 teaspoon freshly ground pepper
- 1 1/2 cups buttermilk
- 1 bottle red hot Franks
- 2 tablespoons butter
- cayenne pepper to taste depending on how spicy you like

Nutrition:

1. Calories: 1040 calories
2. Carbohydrate: 112 grams
3. Cholesterol: 245 milligrams
4. Fat: 24 grams
5. Fiber: 5 grams
6. Protein: 89 grams
7. SaturatedFat: 10 grams
8. Sodium: 1740 milligrams
9. Sugar: 14 grams

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