

Low FODMAP Buffalo Wings

Prep Time

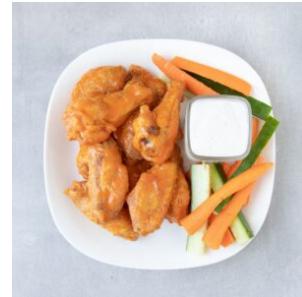
10 mins

Cook Time

50 mins

Total Time

1 hr

[Print It!](#)

Feel like you're missing out on classic game day foods? Check out these low FODMAP buffalo wings. Baked to crispy perfection and tossed in a low FODMAP buffalo sauce, these chicken wings will be the MVP of your game day party.

Course: Appetizer, Dinner, Lunch

Cuisine: American

Servings: 4 people

Calories: 386 kcal

Author: The FODMAP Formula

What You Need

- 900 g chicken wings (separated and trimmed)
- 4 tbsp gluten-free flour
- pinch salt and pepper
- ~~1/3 cup low FODMAP cayenne pepper sauce~~
- ~~2 tbsp butter~~
- ~~1 tsp worcestershire sauce~~

[Use Buffalo hot sauce recipe](#)

What You Do

1. Preheat oven to 400 degrees and line a baking sheet with parchment paper.
2. Place your chicken wings in a Ziplock bag with the salt and pepper and give them a shake to coat. Then add the flour and shake them again. You might need to massage them a little to make sure you get full coverage.
3. Place the chicken wings on the lined baking sheet, making sure each wing has its own personal space. Bake them until they're crispy and golden (about 45-50 minutes). Remember to turn them once about halfway through cooking.
4. While your chicken wings are cooking, ~~combine the cayenne pepper sauce, butter, and worcestershire sauce in a small saucepan~~. Bring the mixture to a boil and then remove the saucepan from heat. Allow the mixture to cool to room temperature. [Use Buffalo hot sauce recipe](#)
5. Once the wings are cooked, place them in a bowl and toss them in the buffalo sauce. Serve immediately.

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