



Instant Pot Buffalo Chicken Wings

Active Time: 15 minutes | **Total Time:** 40 minutes | **Serves:** 8

Nutrition Information Per Serving

303.3 calories, 0.2 g carbohydrate, 0.02 g fiber, 0.18 g NET carbs, 20.9 g protein, 23.82 g fat

Ingredients

- 1/4 tsp(s) garlic powder
- 2 pound(s) pasture-raised chicken wings
- 4 Tbsp(s) grass-fed butter
- 4 Tbsp(s) organic hot pepper sauce
- 1/2 Tbsp(s) organic apple cider vinegar
- 1/4 tsp(s) sea salt
- 1/2 tsp(s) Worcestershire sauce

Preparation

1. Pour 1 cup cold water in the bottom of the Instant Pot. Add the steamer rack trivet. Place chicken wings on the trivet.
2. Close lid and pressure cook at High Pressure for 8 minutes.
3. While the chicken cooks, make the sauce. Add the butter, hot sauce, garlic powder, vinegar, Worcestershire and sea salt to a small pot over medium heat.
4. Bring to a simmer, whisking until sauce bubbles, then remove from heat.
5. When the time is up on the Instant Pot, allow the pressure to naturally release, then open the lid carefully.
6. Preheat oven to 425°F. Remove wings from Instant Pot and lightly pat dry with paper towels.
7. In a large mixing bowl, toss wings with sauce.
8. Place chicken wings in a single layer on a wire rack in a baking tray.
9. Transfer to the oven and bake about 15 minutes or until lightly crisp and golden.

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