

Keto Classic Buffalo Wings

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Ingredients

- 4 to 5 lbs of fresh chicken wings
- Salt and pepper
- 1 large bottle of Frank's Red Hot sauce
- 1 stick of unsalted butter
- 1 habanero, seeded & quartered (optional)



Steps

1. Put wing pieces onto a cookie sheet covered with parchment paper.
2. Salt and pepper.
3. Bake in a 350 degree oven for about 30 minutes until golden and crisp – longer if you like them really crispy.
4. Meanwhile in a medium saucepan melt the butter and add the entire bottle of hot sauce as well as the habanero, if using.
5. Simmer over low heat while the wings are in the oven.
6. Remove wings from the oven and dump into the sauce, toss until well coated.
7. Take them out and put them back on the cookie sheet – back in the oven for another 30 minutes or more.