



Buffalo Wings or Drumsticks

Serves 6 | Prep Time: 5 Minutes | Cook Time: 10 Minutes

Ingredients

Sauce:

- 2/3 cup Frank's RedHot Cayenne Pepper Sauce
- 1/2 cup butter
- 1 tbsp. Worcestershire Sauce
- 1-2 tbsp. of honey (or you can use light brown sugar)
- 1/2 tsp. of onion salt (or you can use regular salt)

Chicken:

- 4 lbs of drumsticks or wings (I went with drumsticks)
- 1 1/2 cup of chicken broth (or you can use water)

Kitchen Stuff:

- Instant Pot and Oven
- Measuring cup
- Mixing bowl
- Measuring spoons
- Spatula
- Tongs
- Baking dish
- Trivet

Instructions:

- Rinse and pat dry your chicken
- Place your trivet into the Instant Pot. I stood them up in the pot
- Pour in your chicken broth. I then sprinkled some Frank's Hot Sauce on the chicken.
- Lock on that lid, it's time for the magic! Turn the venting knob to seal. Cook on high pressure for 6 minutes. Now remember, it will take sometime to reach the temperature for the pressure cooking magic to happen, about 5-10 minutes it will just show ON- then you'll see the 6 pop up on the screen and the countdown will begin.
- While the wings are cooking, prepare the sauce. Mix together the Frank's, Worcestershire, honey (or brown sugar), salt (or onion salt), and butter.
- Microwave until the butter is melted. This took about a minute but in 15 sec intervals.

Nutrition Facts

Servings: 6

Amount per serving

Calories **310**

% Daily Value*

Total Fat 23.7g **30%**

Saturated Fat 12g **60%**

Cholesterol 122mg **41%**

Sodium 497mg **22%**

Total Carbohydrate 6.6g **2%**

Dietary Fiber 0g **0%**

Total Sugars 6.4g

Protein 16.7g

Vitamin D 11mcg **53%**

Calcium 19mg **1%**

Iron 1mg **8%**

Potassium 258mg **5%**

**The % Daily Value (DV) tells you how much a nutrient in a food serving contributes to a daily diet. [2,000 calorie a day](#) is used for general nutrition advice.*

Recipe analyzed by **verywell**

-When your Instant Pot beeps you can either let it naturally release pressure for 5 minutes OR do what I did and crank that pressure release to vent! Be careful- but don't be skurred.

-Now, you'll want to arrange your wings/drumsticks on a cookie sheet or a baking dish. I went the baking dish route so that none of the juices spilled. I do not have time to clean that mess and no one likes a smokey kitchen. Brush on that delicious sauce, generously. You'll need to re-coat so save some sauce for that. Oh! And make sure to save a little for plating.

-Turn your stove to broil at 500 degrees. Set your timer for 5 minutes but keep an eye on your yumminess. Once the first 5 minutes is up, rotate and brush on more sauce. Pop them back in and set for another 5 minutes. If you want them crispier. Repeat. Now you're ready for one last coat of sauce. This shouldn't be too spicy for most of you. If you want to crank up the heat- drizzle some extra Frank's.

For detailed instructions go to www.madmadammom.com

