



WHATSheATE



Apple Bourbon Chicken Wings



Dairy Free

READY IN



80 min.

SERVINGS



8

CALORIES



318 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 1 cup apple jelly
- ☐ 0.5 teaspoon pepper black freshly ground
- ☐ 0.3 cup bourbon
- ☐ 3 tablespoons brown sugar packed
- ☐ 5 teaspoons canola oil
- ☐ 2 lb chicken wings
- ☐ 2 cloves garlic finely chopped
- ☐ 0.3 teaspoon ground pepper red (cayenne)

☐ 1 teaspoon salt

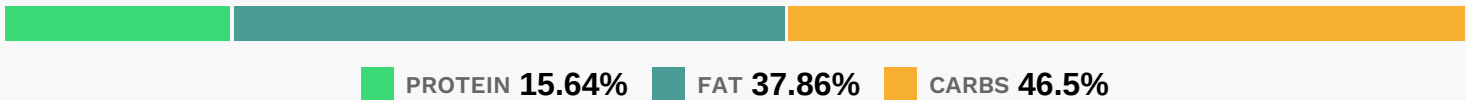
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ sauce pan
- ☐ oven
- ☐ aluminum foil

Directions

- ☐ Heat oven to 400F. Line 15x10x1-inch pan with foil.
- ☐ Cut each chicken wing at joints to make 3 pieces; discard tip.
- ☐ In large bowl, toss chicken with 2 teaspoons of the oil, the salt and black pepper.
- ☐ Place chicken in pan.
- ☐ Bake uncovered 50 minutes.
- ☐ Meanwhile, in 1-quart saucepan, mix apple jelly, bourbon, brown sugar, garlic, red pepper and remaining 3 teaspoons oil.
- ☐ Heat to boiling over medium-high heat; reduce heat. Simmer 5 to 8 minutes, stirring occasionally, until thickened.
- ☐ Remove from heat.
- ☐ Remove chicken from oven.
- ☐ Drizzle half of the sauce over chicken; turn to coat with sauce.
- ☐ Bake 8 to 10 minutes longer or until chicken is no longer pink in center.
- ☐ Serve chicken wings with remaining sauce.

Nutrition Facts



Properties

Glycemic Index:20.5, Glycemic Load:15.94, Inflammation Score:-2, Nutrition Score:5.0386956787628%

Flavonoids

Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

Nutrients (% of daily need)

Calories: 318.02kcal (15.9%), Fat: 12.33g (18.97%), Saturated Fat: 2.94g (18.35%), Carbohydrates: 34.06g (11.35%), Net Carbohydrates: 33.53g (12.19%), Sugar: 24.99g (27.77%), Cholesterol: 47.15mg (15.72%), Sodium: 350.52mg (15.24%), Alcohol: 3.34g (100%), Alcohol %: 3.46% (100%), Protein: 11.46g (22.91%), Vitamin B3: 3.66mg (18.31%), Selenium: 10.51µg (15.02%), Vitamin B6: 0.24mg (11.8%), Phosphorus: 91.01mg (9.1%), Zinc: 0.86mg (5.72%), Vitamin C: 4.45mg (5.39%), Vitamin B2: 0.09mg (5.19%), Vitamin B5: 0.49mg (4.9%), Iron: 0.86mg (4.77%), Vitamin E: 0.69mg (4.62%), Potassium: 140.42mg (4.01%), Copper: 0.08mg (3.81%), Magnesium: 13.63mg (3.41%), Vitamin B12: 0.2µg (3.27%), Manganese: 0.06mg (3.16%), Vitamin B1: 0.04mg (2.58%), Vitamin A: 116.77IU (2.34%), Calcium: 21.77mg (2.18%), Fiber: 0.53g (2.13%), Vitamin K: 2.05µg (1.95%), Folate: 7.28µg (1.82%)