



## Apple Butter BBQ Wings

 Gluten Free

READY IN



45 min.

SERVINGS



16

CALORIES



119 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

## Ingredients

- 1 cup musselman's® apple butter
- 2 tablespoons butter melted
- 0.5 teaspoon celery salt
- 2 pounds chicken wings fresh uncooked cut in 2 sections, or chicken drumettes (can also use chicken tenders)
- 0.5 cup hot sauce your favorite (use brand and level of heat)
- 0.5 cup catsup

## Equipment

- bowl
- frying pan
- oven
- baking pan
- aluminum foil

## Directions

- Heat oven to 375 degrees F.
- Mix together the apple butter, hot sauce, ketchup, and celery salt in a medium bowl. Reserve 3/4 cup of the sauce as a dip; cover and refrigerate.
- Place the wings in plastic zip storage bag with the remaining sauce. Seal the bag and coat all the wings. Refrigerate 2 hours to overnight.
- For easy cleanup, line baking pan (about 10x13-inch) with foil.
- Remove wings from the marinade bag and place in a single layer in the pan. Reserve the bag of marinade.
- Bake wings for 30 minutes. Turn wings and baste with the remaining marinade.
- Bake an additional 30 minutes or until wings are fork-tender. Discard any remaining marinade in the bag.
- Warm the 3/4 cup of reserved sauce with the melted butter and serve as a dipping sauce with wings.

## Nutrition Facts



## Properties

Glycemic Index:3.13, Glycemic Load:0, Inflammation Score:-1, Nutrition Score:2.9373913076909%

## Flavonoids

Quercetin: 0.06mg, Quercetin: 0.06mg, Quercetin: 0.06mg, Quercetin: 0.06mg

## Nutrients (% of daily need)

Calories: 119.41kcal (5.97%), Fat: 6.4g (9.84%), Saturated Fat: 2.29g (14.28%), Carbohydrates: 9.68g (3.23%), Net Carbohydrates: 9.37g (3.41%), Sugar: 7.91g (8.79%), Cholesterol: 27.34mg (9.11%), Sodium: 375.17mg (16.31%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 5.81g (11.62%), Vitamin B3: 1.95mg (9.77%), Vitamin C: 6.24mg (7.56%), Selenium: 4.89µg (6.98%), Vitamin B6: 0.14mg (6.87%), Phosphorus: 45.02mg (4.5%), Manganese: 0.07mg (3.62%), Zinc: 0.44mg (2.94%), Vitamin B2: 0.05mg (2.91%), Vitamin A: 143.24IU (2.86%), Potassium: 96.11mg (2.75%), Vitamin B5: 0.26mg (2.57%), Iron: 0.41mg (2.27%), Magnesium: 7.6mg (1.9%), Copper: 0.04mg (1.76%), Vitamin E: 0.26mg (1.73%), Vitamin B12: 0.1µg (1.68%), Vitamin B1: 0.02mg (1.33%), Fiber: 0.31g (1.24%)