



## Baja Buffalo Chicken Wings

 Gluten Free  Dairy Free

READY IN



65 min.

SERVINGS



12

CALORIES



135 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

### Ingredients

- 0.3 cup apple juice
- 0.8 cup spicy honey barbecue sauce kraft
- 2 lb chicken wings split
- 0.3 cup chipotle peppers in adobo sauce canned chopped
- 1 Tbsp garlic powder
- 1 green onion sliced
- 1 Tbsp ground pepper red (cayenne)
- 0.3 cup juice of lime

# Equipment

grill

# Directions

Mix first 5 ingredients until blended; pour over chicken in shallow dish. Turn to even coat both sides of each wing. Refrigerate 30 min. to marinate.

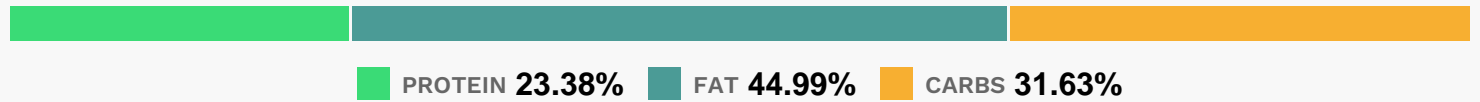
Heat grill to medium-high heat.

Remove chicken from marinade; discard marinade. Grill chicken 15 min., turning occasionally.

Brush lightly with some of the barbecue sauce; grill 4 to 5 min. or until chicken is done, turning and brushing frequently with remaining barbecue sauce.

Place chicken on platter; top with onions.

# Nutrition Facts



# Properties

Glycemic Index:9.15, Glycemic Load:0.39, Inflammation Score:-3, Nutrition Score:3.9860869140729%

# Flavonoids

Catechin: 0.09mg, Catechin: 0.09mg, Catechin: 0.09mg, Catechin: 0.09mg Epicatechin: 0.32mg, Epicatechin: 0.32mg, Epicatechin: 0.32mg, Epicatechin: 0.32mg Eriodictyol: 0.15mg, Eriodictyol: 0.15mg, Eriodictyol: 0.15mg, Eriodictyol: 0.15mg Hesperetin: 0.6mg, Hesperetin: 0.6mg, Hesperetin: 0.6mg, Hesperetin: 0.6mg Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Quercetin: 0.18mg, Quercetin: 0.18mg, Quercetin: 0.18mg, Quercetin: 0.18mg

# Nutrients (% of daily need)

Calories: 135kcal (6.75%), Fat: 6.73g (10.35%), Saturated Fat: 1.86g (11.6%), Carbohydrates: 10.64g (3.55%), Net Carbohydrates: 9.57g (3.48%), Sugar: 7.24g (8.04%), Cholesterol: 31.43mg (10.48%), Sodium: 215.17mg (9.36%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 7.87g (15.74%), Vitamin B3: 2.59mg (12.95%), Selenium: 6.81µg (9.73%), Vitamin B6: 0.18mg (9.24%), Phosphorus: 63.9mg (6.39%), Vitamin A: 297.56IU (5.95%), Fiber: 1.08g (4.31%), Iron: 0.77mg (4.27%), Zinc: 0.62mg (4.13%), Potassium: 141.28mg (4.04%), Vitamin C: 3.01mg (3.64%), Vitamin B5: 0.36mg (3.6%), Vitamin B2: 0.05mg (3.18%), Magnesium: 12.05mg (3.01%), Vitamin E: 0.42mg (2.82%), Manganese: 0.05mg (2.73%), Vitamin K: 2.79µg (2.66%), Vitamin B12: 0.13µg (2.18%), Vitamin B1: 0.03mg (2.16%),

Copper: 0.04mg (1.95%), Calcium: 14.3mg (1.43%), Folate: 4.15µg (1.04%)