



## Baked Chicken Wings

 Gluten Free  Dairy Free

READY IN



75 min.

SERVINGS



24

CALORIES



81 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

### Ingredients

- 2 pounds chicken drummettes
- 2 tablespoons honey
- 2 tablespoons catsup
- 1 tablespoon hot sauce red
- 1 tablespoon worcestershire sauce
- 1 serving paprika
- 0.7 cup ranch dressing

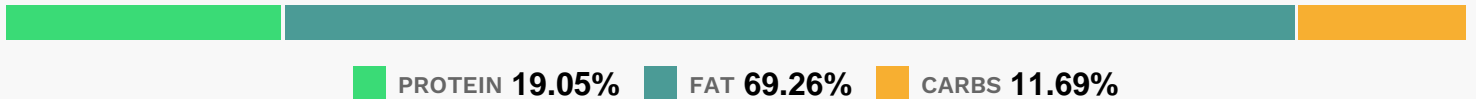
### Equipment

- frying pan
- oven
- aluminum foil
- ziploc bags

## Directions

- Heat oven to 350°F. Line jelly roll pan, 15 1/2x10 1/2x1 inch, with aluminum foil.
- Remove skin from chicken.
- Mix honey, ketchup, pepper sauce and Worcestershire sauce in resealable plastic bag.
- Add chicken. Seal bag and refrigerate, turning occasionally, at least 15 minutes but no longer than 24 hours.
- Place chicken in pan; sprinkle with paprika.
- Bake uncovered about 30 minutes or until crisp and juice of chicken is no longer pink when centers of thickest pieces are cut.
- Serve with dressing.

## Nutrition Facts



## Properties

Glycemic Index:2.8, Glycemic Load:0.75, Inflammation Score:-1, Nutrition Score:2.0134782868883%

## Flavonoids

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

## Nutrients (% of daily need)

Calories: 81.4kcal (4.07%), Fat: 6.24g (9.6%), Saturated Fat: 1.38g (8.63%), Carbohydrates: 2.37g (0.79%), Net Carbohydrates: 2.33g (0.85%), Sugar: 2.1g (2.34%), Cholesterol: 17.45mg (5.82%), Sodium: 109.96mg (4.78%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.86g (7.72%), Vitamin K: 9.06µg (8.63%), Vitamin B3: 1.25mg (6.24%), Selenium: 3.43µg (4.9%), Phosphorus: 40.48mg (4.05%), Vitamin B6: 0.08mg (3.92%), Vitamin B5: 0.21mg (2.14%), Zinc: 0.29mg (1.96%), Vitamin B2: 0.03mg (1.7%), Vitamin E: 0.25mg (1.69%), Vitamin A: 81.43IU (1.63%), Iron: 0.28mg (1.57%), Potassium: 48.88mg (1.4%), Vitamin B12: 0.08µg (1.28%), Magnesium: 4.47mg (1.12%)