



## Baked Chicken Wings

 Gluten Free  Dairy Free

READY IN



75 min.

SERVINGS



24

CALORIES



87 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

## Ingredients

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

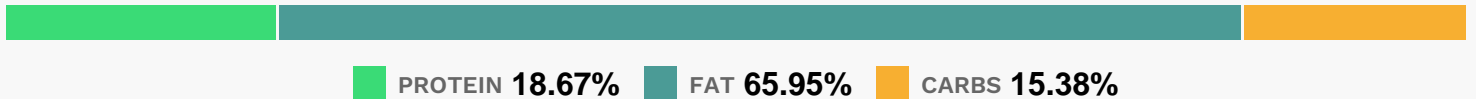
## Equipment

- frying pan
- oven
- aluminum foil
- ziploc bags

## Directions

- Heat oven to 350F. 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:0.81, Inflammation Score:-6, Nutrition Score:3.7804347950479%

## Flavonoids

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

## Nutrients (% of daily need)

Calories: 86.81kcal (4.34%), Fat: 6.49g (9.98%), Saturated Fat: 1.42g (8.89%), Carbohydrates: 3.4g (1.13%), Net Carbohydrates: 2.7g (0.98%), Sugar: 2.3g (2.56%), Cholesterol: 17.45mg (5.82%), Sodium: 111.26mg (4.84%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 4.13g (8.27%), Vitamin A: 1025.47IU (20.51%), Vitamin K: 10.6µg (10.09%), Vitamin B3: 1.44mg (7.2%), Vitamin B6: 0.12mg (5.98%), Vitamin E: 0.81mg (5.4%), Selenium: 3.55µg (5.07%), Phosphorus: 46.5mg (4.65%), Iron: 0.69mg (3.83%), Vitamin B2: 0.05mg (3.09%), Fiber: 0.71g (2.83%), Potassium: 92.58mg (2.65%), Vitamin B5: 0.26mg (2.62%), Zinc: 0.38mg (2.52%), Manganese: 0.04mg (2.06%), Magnesium: 7.88mg (1.97%), Copper: 0.03mg (1.36%), Vitamin B12: 0.08µg (1.28%), Vitamin B1: 0.02mg (1.22%)