



Baked Honey Sriracha Chicken Wings

 **Gluten Free**  **Dairy Free**

READY IN



45 min.

SERVINGS



4

CALORIES



552 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 4 tablespoons brown sugar
- 4 tablespoons brown sugar
- 40 oz chicken wings
- 0.5 cup cilantro leaves roughly chopped
- 2 tbsp garlic powder
- 2 tbsp ground ginger
- 4 teaspoons honey
- 0.5 lime

- 0.3 cup chicken broth low sodium
- 2 tbsp olive oil
- 1 tbsp onion powder
- 4 servings salt and pepper
- 0.3 cup sriracha

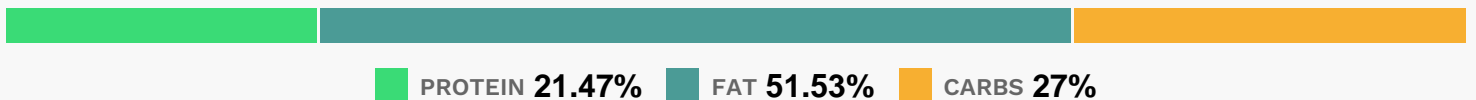
Equipment

- frying pan
- baking sheet
- oven
- broiler

Directions

- Preheat oven to 425 degrees Fahrenheit.
- Place chicken on baking sheets (you will need 2).
- Add olive oil, salt and pepper to chicken. Toss chicken on baking sheet.
- Place in a single layer, making sure that no chicken touch. Cook for 10 minutes, then flip and cook for 10 more.
- Preheat broiler.Take chicken out. Spoon about 1 TBSP of sauce over each wing.
- Place in oven and cook until turned slightly browned, about 5 minutes. Flip the chicken so that all have skin side up.
- Pour the rest of the sauce over chicken.
- Place back in broiler and cook till skin is crispy, about 10 minutes.
- Once done, toss chicken with sauce created on pan.
- Serve and garnish with cilantro.ENJOY!

Nutrition Facts



Properties

Glycemic Index:30.32, Glycemic Load:3.37, Inflammation Score:-5, Nutrition Score:15.67%

Flavonoids

Hesperetin: 3.6mg, Hesperetin: 3.6mg, Hesperetin: 3.6mg, Hesperetin: 3.6mg Naringenin: 0.28mg, Naringenin: 0.28mg, Naringenin: 0.28mg, Naringenin: 0.28mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Quercetin: 1.09mg, Quercetin: 1.09mg, Quercetin: 1.09mg

Taste

Sweetness: 40.37%, Saltiness: 100%, Sourness: 13.35%, Bitterness: 16.51%, Savoriness: 69.89%, Fattiness: 62.93%, Spiciness: 100%

Nutrients (% of daily need)

Calories: 551.84kcal (27.59%), Fat: 31.78g (48.9%), Saturated Fat: 7.94g (49.65%), Carbohydrates: 37.46g (12.49%), Net Carbohydrates: 36.04g (13.11%), Sugar: 29.71g (33.02%), Cholesterol: 117.88mg (39.29%), Sodium: 719.52mg (31.28%), Protein: 29.8g (59.6%), Manganese: 1mg (50.06%), Vitamin B3: 9.68mg (48.4%), Selenium: 26.98µg (38.54%), Vitamin B6: 0.69mg (34.39%), Phosphorus: 241.86mg (24.19%), Vitamin C: 15.78mg (19.13%), Zinc: 2.42mg (16.13%), Iron: 2.74mg (15.22%), Vitamin B5: 1.32mg (13.16%), Potassium: 436.91mg (12.48%), Magnesium: 43.03mg (10.76%), Vitamin E: 1.59mg (10.61%), Vitamin K: 10.94µg (10.41%), Vitamin B2: 0.17mg (10.1%), Vitamin B12: 0.5µg (8.41%), Vitamin A: 389.27IU (7.79%), Vitamin B1: 0.11mg (7.53%), Copper: 0.15mg (7.34%), Calcium: 58.21mg (5.82%), Fiber: 1.41g (5.66%), Folate: 13.04µg (3.26%), Vitamin D: 0.15µg (1.02%)