



 7%  
HEALTH SCORE

## Baked Lemon~Lime Chicken Wings

 Gluten Free  Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



725 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- 3 lbs chicken wings
- 1 juice of lemon
- 1 juice of lime
- 3 cloves garlic sliced
- 4 tablespoons honey
- 0.5 cup sugar
- 0.5 cup red wine
- 1 cup chicken broth

- 0.3 cup vegetable oil
- 1 Handful parsley fresh italian
- 1 Handful cilantro leaves fresh
- 1 Dashes salt
- 1 Dashes pepper fresh black

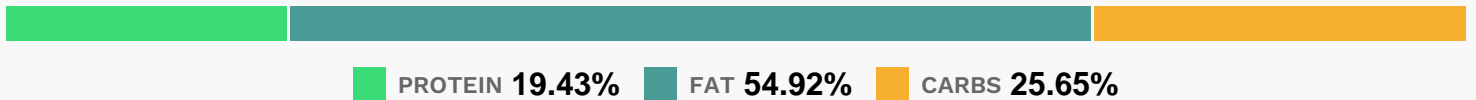
## Equipment

- oven
- baking pan

## Directions

- Combine all of the ingredients for the marinade.
- Add the chicken wings and place in the refrigerator for at least 1 hour or up to a few hours.
- Place the chicken wings in a baking pan and spoon the marinade over the wings.
- Place in the oven for 35–40 minutes until a beautiful golden color.

## Nutrition Facts



## Properties

Glycemic Index:65.84, Glycemic Load:26.85, Inflammation Score:-5, Nutrition Score:15.388260869565%

## Flavonoids

Cyanidin: 0.06mg, Cyanidin: 0.06mg, Cyanidin: 0.06mg, Cyanidin: 0.06mg Petunidin: 0.59mg, Petunidin: 0.59mg, Petunidin: 0.59mg, Petunidin: 0.59mg Delphinidin: 0.6mg, Delphinidin: 0.6mg, Delphinidin: 0.6mg, Delphinidin: 0.6mg Malvidin: 4.15mg, Malvidin: 4.15mg, Malvidin: 4.15mg, Malvidin: 4.15mg Peonidin: 0.38mg, Peonidin: 0.38mg, Peonidin: 0.38mg, Peonidin: 0.38mg Catechin: 2.14mg, Catechin: 2.14mg, Catechin: 2.14mg, Catechin: 2.14mg Epigallocatechin: 0.02mg, Epigallocatechin: 0.02mg, Epigallocatechin: 0.02mg, Epigallocatechin: 0.02mg Epicatechin: 1.14mg, Epicatechin: 1.14mg, Epicatechin: 1.14mg, Epicatechin: 1.14mg Eriodictyol: 0.53mg, Eriodictyol: 0.53mg, Eriodictyol: 0.53mg, Eriodictyol: 0.53mg Hesperetin: 1.95mg, Hesperetin: 1.95mg, Hesperetin: 1.95mg, Hesperetin: 1.95mg Naringenin: 0.66mg, Naringenin: 0.66mg, Naringenin: 0.66mg, Naringenin: 0.66mg Apigenin: 2.19mg, Apigenin: 2.19mg, Apigenin: 2.19mg, Apigenin: 2.19mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Isorhamnetin: 0.01mg, Isorhamnetin: 0.01mg, Isorhamnetin: 0.01mg, Isorhamnetin: 0.01mg

Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg Myricetin: 0.31mg, Myricetin: 0.31mg, Myricetin: 0.31mg, Myricetin: 0.31mg Quercetin: 0.95mg, Quercetin: 0.95mg, Quercetin: 0.95mg, Quercetin: 0.95mg Gallocatechin: 0.02mg, Gallocatechin: 0.02mg, Gallocatechin: 0.02mg, Gallocatechin: 0.02mg

## Taste

Sweetness: 52.57%, Saltiness: 100%, Sourness: 28.33%, Bitterness: 25.55%, Savoriness: 70.74%, Fattiness: 69.34%, Spiciness: 0%

## Nutrients (% of daily need)

Calories: 725.48kcal (36.27%), Fat: 43.22g (66.5%), Saturated Fat: 10.33g (64.54%), Carbohydrates: 45.4g (15.13%), Net Carbohydrates: 45.13g (16.41%), Sugar: 42.99g (47.76%), Cholesterol: 142.63mg (47.54%), Sodium: 452.93mg (19.69%), Alcohol: 3.18g (17.67%), Protein: 34.41g (68.82%), Vitamin B3: 11.17mg (55.84%), Vitamin K: 45.17µg (43.02%), Selenium: 29.44µg (42.06%), Vitamin B6: 0.7mg (35.12%), Phosphorus: 259.13mg (25.91%), Zinc: 2.63mg (17.53%), Vitamin B5: 1.48mg (14.81%), Vitamin B2: 0.23mg (13.3%), Iron: 2.18mg (12.13%), Vitamin E: 1.75mg (11.69%), Potassium: 386.29mg (11.04%), Vitamin C: 8.85mg (10.72%), Magnesium: 40.48mg (10.12%), Vitamin B12: 0.6µg (9.99%), Manganese: 0.2mg (9.77%), Vitamin A: 429.31IU (8.59%), Vitamin B1: 0.11mg (7.47%), Copper: 0.11mg (5.69%), Calcium: 37.09mg (3.71%), Folate: 12.57µg (3.14%), Vitamin D: 0.18µg (1.22%), Fiber: 0.27g (1.06%)