

Baked Sesame Chicken Wings

READY IN



45 min.

SERVINGS



45

CALORIES



52 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 2 Tbsp butter melted
- 1.3 cups round buttery crackers crushed
- 2 lb chicken wings split
- 2 Tbsp grey poupon dijon mustard
- 1 eggs
- 1 tsp garlic powder
- 2 tsp ground ginger
- 2 Tbsp sesame seed toasted
- 0.5 cup sweet-and-sour sauce

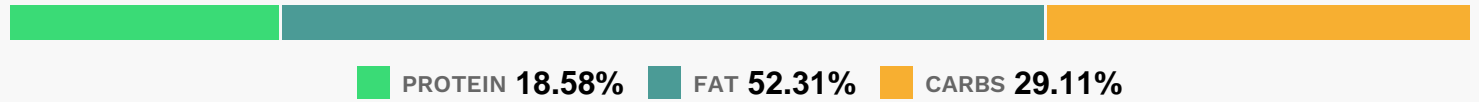
Equipment

- bowl
- baking sheet
- oven

Directions

- Heat oven to 400F.
- Mix first 4 ingredients in pie plate. Beat egg and mustard in large bowl.
- Add chicken; toss to coat.
- Coat chicken with crumb mixture.
- Place on baking sheet sprayed with cooking spray.
- Drizzle with butter.
- Bake 25 to 30 min. or until done.
- Serve with sweet-and-sour sauce.

Nutrition Facts



Properties

Glycemic Index:2.71, Glycemic Load:0.02, Inflammation Score:-1, Nutrition Score:1.2913043495754%

Nutrients (% of daily need)

Calories: 51.8kcal (2.59%), Fat: 2.96g (4.55%), Saturated Fat: 0.97g (6.03%), Carbohydrates: 3.7g (1.23%), Net Carbohydrates: 3.57g (1.3%), Sugar: 2.05g (2.27%), Cholesterol: 13.38mg (4.46%), Sodium: 81.93mg (3.56%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.36g (4.72%), Vitamin B3: 0.76mg (3.79%), Selenium: 2.5µg (3.57%), Manganese: 0.05mg (2.56%), Phosphorus: 24.66mg (2.47%), Vitamin B6: 0.05mg (2.3%), Iron: 0.28mg (1.58%), Zinc: 0.21mg (1.39%), Copper: 0.02mg (1.24%), Vitamin B2: 0.02mg (1.2%), Vitamin B1: 0.02mg (1.19%), Magnesium: 4.35mg (1.09%), Vitamin B5: 0.11mg (1.08%)