



Balsamic Soy-Glazed Chicken Wings



Gluten Free



Low Fod Map

READY IN



55 min.

SERVINGS



4

CALORIES



614 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.8 cup balsamic vinegar
- ☐ 0.5 teaspoon pepper black
- ☐ 4 pounds chicken wingettes
- ☐ 2 tablespoons olive oil
- ☐ 0.5 teaspoon salt
- ☐ 0.3 cup soya sauce
- ☐ 2 teaspoons sugar
- ☐ 1 tablespoon butter unsalted

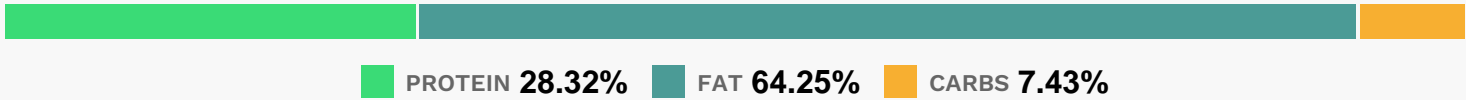
Equipment

- ☐ bowl
- ☐ sauce pan
- ☐ oven
- ☐ baking pan
- ☐ aluminum foil
- ☐ tongs

Directions

- ☐ Put oven racks in upper and lower thirds of oven. Line 2 large shallow baking pans (17 by 11 inches) with foil. Put pans in oven and preheat oven to 500°F.
- ☐ Pat wings dry, then toss with oil, salt, and pepper in a large bowl and divide between preheated pans, spreading wings in 1 layer. Roast, without turning, until golden and tender, about 35 minutes.
- ☐ While wings roast, simmer vinegar, soy sauce, and sugar in a 1- to 1 1/2-quart heavy saucepan, stirring occasionally, until reduced to about 1/3 cup, 12 to 14 minutes.
- ☐ Remove from heat and stir in butter until melted.
- ☐ Remove roasted wings from oven and let stand in pans 1 minute (to make wings easier to remove from foil), then transfer with tongs to a clean large bowl.
- ☐ Pour balsamic mixture over wings and toss to coat well.
- ☐ Let stand 5 minutes, then toss again.

Nutrition Facts



Properties

Glycemic Index:41.77, Glycemic Load:5.6, Inflammation Score:-4, Nutrition Score:16.454347745232%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg

Nutrients (% of daily need)

Calories: 614.18kcal (30.71%), Fat: 42.66g (65.63%), Saturated Fat: 12.15g (75.96%), Carbohydrates: 11.1g (3.7%), Net Carbohydrates: 10.92g (3.97%), Sugar: 9.39g (10.44%), Cholesterol: 170.82mg (56.94%), Sodium: 1264.65mg (54.98%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 42.31g (84.62%), Vitamin B3: 15.38mg (76.92%), Selenium: 31.53µg (45.04%), Vitamin B6: 0.79mg (39.59%), Phosphorus: 349.22mg (34.92%), Vitamin B5: 2.04mg (20.43%), Zinc: 2.96mg (19.73%), Vitamin B2: 0.29mg (16.78%), Iron: 2.72mg (15.09%), Potassium: 500.12mg (14.29%), Magnesium: 55.59mg (13.9%), Vitamin E: 1.75mg (11.63%), Vitamin B12: 0.68µg (11.35%), Manganese: 0.21mg (10.46%), Vitamin B1: 0.14mg (9.31%), Vitamin A: 393.65IU (7.87%), Vitamin K: 8.13µg (7.75%), Copper: 0.14mg (7.04%), Vitamin C: 3.48mg (4.22%), Calcium: 41.98mg (4.2%), Folate: 15.82µg (3.96%), Vitamin D: 0.49µg (3.25%)