



Barbecued Spicy Apricot-Glazed Chicken Wings

 Gluten Free  Dairy Free

READY IN



45 min.

SERVINGS



30

CALORIES



254 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 2 cups apricot preserves
- 60 chicken wings
- 1 teaspoons pepper red crushed
- 0.3 cup dijon mustard
- 4 garlic cloves minced
- 1 tablespoon kosher salt

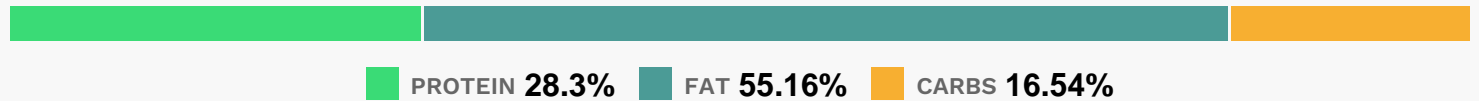
Equipment

- bowl
- baking sheet
- oven
- aluminum foil

Directions

- Preheat oven to 42
- In a large bowl, combine apricot jam, minced garlic, crushed red pepper, Dijon mustard, and kosher salt.
- Add chicken wings; toss to coat. Refrigerate for 30 minutes or up to 4 hours. Line 2 baking sheets with foil; bake chicken wings for 25–30 minutes, turning once, until golden brown and slightly charred.

Nutrition Facts



Properties

Glycemic Index:2.07, Glycemic Load:0.04, Inflammation Score:-2, Nutrition Score:6.3169566201775%

Flavonoids

Catechin: 0.05mg, Catechin: 0.05mg, Catechin: 0.05mg, Catechin: 0.05mg Epicatechin: 0.04mg, Epicatechin: 0.04mg, Epicatechin: 0.04mg, Epicatechin: 0.04mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.06mg, Quercetin: 0.06mg, Quercetin: 0.06mg, Quercetin: 0.06mg

Nutrients (% of daily need)

Calories: 253.61kcal (12.68%), Fat: 15.46g (23.79%), Saturated Fat: 4.32g (26.97%), Carbohydrates: 10.43g (3.48%), Net Carbohydrates: 10.26g (3.73%), Sugar: 6.88g (7.65%), Cholesterol: 74.01mg (24.67%), Sodium: 333.01mg (14.48%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 17.85g (35.7%), Vitamin B3: 5.72mg (28.62%), Selenium: 15.99µg (22.84%), Vitamin B6: 0.35mg (17.37%), Phosphorus: 130.4mg (13.04%), Zinc: 1.31mg (8.73%), Vitamin B5: 0.75mg (7.49%), Iron: 1.04mg (5.8%), Vitamin B2: 0.09mg (5.32%), Vitamin B12: 0.31µg (5.13%), Potassium: 168.16mg (4.8%), Magnesium: 19.13mg (4.78%), Vitamin A: 194.91IU (3.9%), Vitamin B1: 0.05mg (3.4%), Copper: 0.06mg (2.94%), Vitamin C: 2.19mg (2.66%), Vitamin E: 0.34mg (2.28%), Manganese: 0.04mg (2.03%), Calcium: 17.08mg (1.71%), Folate: 4.18µg (1.04%)