



Becki's Oven Barbecue Chicken

 Gluten Free

READY IN



45 min.

SERVINGS



6

CALORIES



318 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 5 tablespoons brown sugar
- 3 tablespoons butter
- 10 chicken wings
- 1 cup catsup
- 2 tablespoons mustard prepared
- 1 tablespoon onion powder
- 0.5 cup water
- 2 tablespoons worcestershire sauce

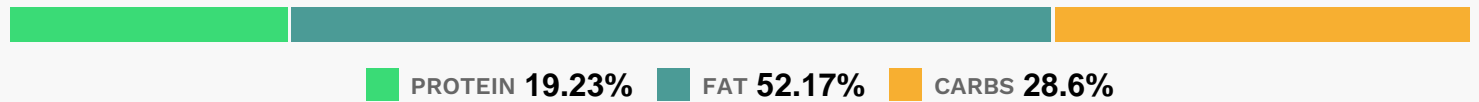
Equipment

- sauce pan
- oven
- baking pan

Directions

- Preheat oven to 425 degrees F (220 degrees C).
- In a small saucepan, melt butter or margarine.
- Add onion powder, sugar, Worcestershire sauce and mustard; mix well. Dilute ketchup with water and add to saucepan mixture.
- Let simmer for 15 minutes.
- Place chicken wings in a 9x13 inch baking dish.
- Pour saucepan mixture over chicken.
- Bake, uncovered, in the preheated oven for about 45 minutes.

Nutrition Facts



Properties

Glycemic Index:13.67, Glycemic Load:0.02, Inflammation Score:-4, Nutrition Score:7.6426087047743%

Flavonoids

Quercetin: 0.34mg, Quercetin: 0.34mg, Quercetin: 0.34mg, Quercetin: 0.34mg

Nutrients (% of daily need)

Calories: 317.8kcal (15.89%), Fat: 18.69g (28.75%), Saturated Fat: 7.21g (45.05%), Carbohydrates: 23.05g (7.68%), Net Carbohydrates: 22.54g (8.2%), Sugar: 18.94g (21.04%), Cholesterol: 76.73mg (25.58%), Sodium: 599.59mg (26.07%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 15.5g (31.01%), Vitamin B3: 5.4mg (27.02%), Selenium: 14.78µg (21.12%), Vitamin B6: 0.36mg (17.98%), Phosphorus: 130.77mg (13.08%), Vitamin A: 505.9IU (10.12%), Potassium: 316.66mg (9.05%), Vitamin B2: 0.15mg (8.87%), Zinc: 1.23mg (8.23%), Iron: 1.4mg (7.77%), Vitamin B5: 0.68mg (6.77%), Vitamin E: 1.01mg (6.75%), Magnesium: 25.31mg (6.33%), Copper: 0.1mg (4.83%), Manganese: 0.1mg (4.82%), Vitamin B12: 0.27µg (4.47%), Vitamin B1: 0.06mg (4.13%), Calcium: 39.88mg (3.99%), Vitamin C:

3.23mg (3.92%), Folate: 8.66µg (2.17%), Fiber: 0.51g (2.05%), Vitamin K: 1.87µg (1.78%)