



Brewery Spiced Wings

 **Gluten Free**  **Dairy Free**

READY IN



60 min.

SERVINGS



1

CALORIES



2027 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 0.8 cup bull's-eye original barbecue sauce
- 0.3 cup canola oil
- 2 lb chicken wings separated
- 2 Tbsp grey poupon dijon mustard
- 8 cloves garlic minced
- 2 Tbsp lite soy sauce

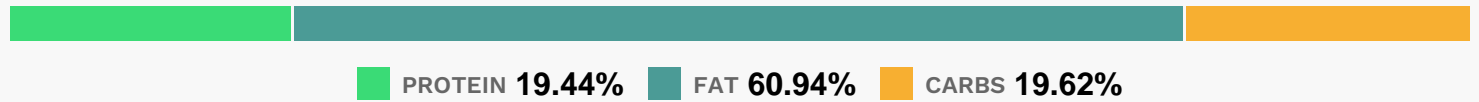
Equipment

- grill

Directions

- Mix first 4 ingredients; pour over chicken in shallow dish. Turn chicken over to evenly coat both sides of each wing. Refrigerate 30 min. to marinate.
- Heat grill to medium-high heat.
- Remove chicken from marinade; discard marinade.
- Grill chicken 15 min., turning occasionally.
- Brush lightly with barbecue sauce. Grill 5 min. or until chicken is done, turning and brushing frequently with remaining sauce.

Nutrition Facts



Properties

Glycemic Index:77, Glycemic Load:2.59, Inflammation Score:-8, Nutrition Score:42.838695837104%

Flavonoids

Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg Myricetin: 0.39mg, Myricetin: 0.39mg, Myricetin: 0.39mg, Myricetin: 0.39mg Quercetin: 0.42mg, Quercetin: 0.42mg, Quercetin: 0.42mg, Quercetin: 0.42mg

Nutrients (% of daily need)

Calories: 2027.17kcal (101.36%), Fat: 136.76g (210.39%), Saturated Fat: 26.27g (164.16%), Carbohydrates: 99.06g (33.02%), Net Carbohydrates: 95.04g (34.56%), Sugar: 72.49g (80.55%), Cholesterol: 377.21mg (125.74%), Sodium: 4912mg (213.57%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 98.14g (196.28%), Vitamin B3: 32.07mg (160.35%), Selenium: 92.62µg (132.31%), Vitamin B6: 2.27mg (113.29%), Vitamin E: 13.11mg (87.4%), Phosphorus: 805.46mg (80.55%), Manganese: 1.06mg (53.22%), Zinc: 7.51mg (50.03%), Vitamin B5: 4.47mg (44.73%), Iron: 7.77mg (43.16%), Vitamin K: 44.65µg (42.52%), Potassium: 1479.41mg (42.27%), Vitamin B2: 0.65mg (38.36%), Magnesium: 150.86mg (37.72%), Vitamin B1: 0.41mg (27.36%), Vitamin B12: 1.57µg (26.13%), Copper: 0.5mg (24.89%), Vitamin A: 1224.06IU (24.48%), Calcium: 199.11mg (19.91%), Fiber: 4.01g (16.05%), Vitamin C: 12.32mg (14.94%), Folate: 33.19µg (8.3%), Vitamin D: 0.49µg (3.27%)