



Broiled Chicken Wings with Spicy Apricot Sauce



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



796 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 cup apricot preserves
- ☐ 0.5 teaspoon pepper black
- ☐ 0.5 teaspoon cayenne
- ☐ 4.5 lb chicken wings (18 to 20)
- ☐ 1 garlic clove smashed
- ☐ 0.5 teaspoon ground cumin
- ☐ 0.5 cup juice of lime fresh

- ☐ 2.3 teaspoons salt
- ☐ 1 tablespoon vegetable oil

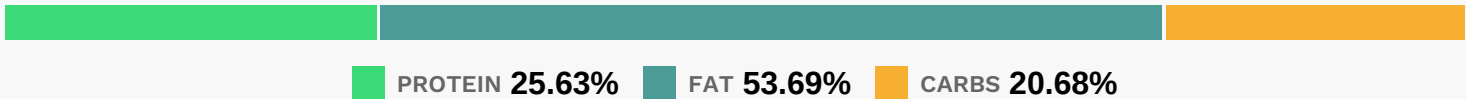
Equipment

- ☐ food processor
- ☐ bowl
- ☐ frying pan
- ☐ sauce pan
- ☐ blender
- ☐ aluminum foil
- ☐ broiler
- ☐ broiler pan

Directions

- ☐ Preheat broiler. Line bottom of a broiler pan with foil, then oil rack of pan.
- ☐ Toss wings with oil, black pepper, and 2 teaspoons salt in a large bowl, then spread in 1 layer on rack of broiler pan. Broil 4 to 5 inches from heat, turning over once, until barely cooked through, 20 to 25 minutes.
- ☐ While wings are broiling, blend preserves, lime juice, garlic, cumin, cayenne, and remaining 1/4 teaspoon salt in a food processor or blender until smooth.
- ☐ Transfer to a small heavy saucepan and bring to a boil over moderate heat, stirring, then reduce heat and simmer, stirring occasionally, 1 minute.
- ☐ Brush 1/4 cup sauce on cooked wings and broil 2 to 3 minutes.
- ☐ Brush wings with 1/4 cup sauce again, then turn wings over and brush with another 1/4 cup sauce. Broil until more deeply browned, 2 to 3 minutes.
- ☐ Brush with remaining sauce before serving.

Nutrition Facts



Properties

Glycemic Index:24.75, Glycemic Load:0.13, Inflammation Score:-5, Nutrition Score:19.319565399833%

Flavonoids

Catechin: 0.18mg, Catechin: 0.18mg, Catechin: 0.18mg, Catechin: 0.18mg Epicatechin: 0.17mg, Epicatechin: 0.17mg, Epicatechin: 0.17mg, Epicatechin: 0.17mg Eriodictyol: 0.66mg, Eriodictyol: 0.66mg, Eriodictyol: 0.66mg, Eriodictyol: 0.66mg Hesperetin: 2.71mg, Hesperetin: 2.71mg, Hesperetin: 2.71mg, Hesperetin: 2.71mg Naringenin: 0.12mg, Naringenin: 0.12mg, Naringenin: 0.12mg, Naringenin: 0.12mg Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.35mg, Quercetin: 0.35mg, Quercetin: 0.35mg, Quercetin: 0.35mg

Nutrients (% of daily need)

Calories: 795.97kcal (39.8%), Fat: 47.66g (73.32%), Saturated Fat: 12.89g (80.55%), Carbohydrates: 41.3g (13.77%), Net Carbohydrates: 40.83g (14.85%), Sugar: 26.22g (29.14%), Cholesterol: 212.18mg (70.73%), Sodium: 1534.18mg (66.7%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 51.2g (102.4%), Vitamin B3: 16.44mg (82.18%), Selenium: 44.08µg (62.97%), Vitamin B6: 1mg (50.25%), Phosphorus: 373.27mg (37.33%), Zinc: 3.76mg (25.05%), Vitamin B5: 2.17mg (21.68%), Vitamin C: 16.65mg (20.19%), Iron: 3.17mg (17.61%), Vitamin B2: 0.26mg (15.55%), Potassium: 526.91mg (15.05%), Vitamin B12: 0.88µg (14.7%), Magnesium: 56.33mg (14.08%), Vitamin A: 650.08IU (13%), Vitamin B1: 0.14mg (9.6%), Copper: 0.19mg (9.5%), Vitamin E: 1.33mg (8.9%), Manganese: 0.14mg (6.99%), Vitamin K: 7.07µg (6.73%), Calcium: 55.1mg (5.51%), Folate: 14.99µg (3.75%), Fiber: 0.47g (1.89%), Vitamin D: 0.28µg (1.84%)