



Buffalo Wings Marinade

 Vegetarian  Gluten Free  Dairy Free

READY IN



45 min.

SERVINGS



3

CALORIES



52 kcal

SEASONING

MARINADE

Ingredients

- 0.1 teaspoon pepper black
- 0.5 cup chicken broth low-sodium undiluted canned
- 0.3 teaspoon ground pepper red
- 1 tablespoon honey
- 0.5 teaspoon hot sauce
- 2 tablespoons juice of lime fresh
- 1 tablespoon soya sauce low-sodium
- 1 tablespoon paprika

1 teaspoon safflower oil

0.5 teaspoon salt

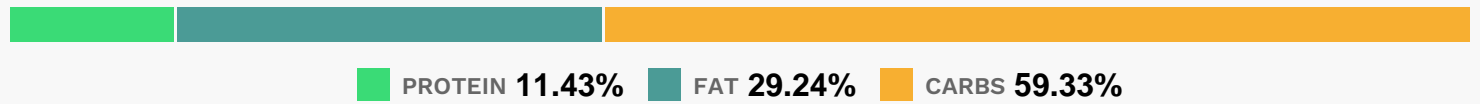
Equipment

bowl

Directions

Combine all ingredients in a small bowl; stir well. Use immediately or store in refrigerator. Use to marinate chicken drummettes, chicken breasts, turkey, beef, or pork.

Nutrition Facts



Properties

Glycemic Index:43.76, Glycemic Load:3.1, Inflammation Score:-7, Nutrition Score:3.5173912825792%

Flavonoids

Eriodictyol: 0.22mg, Eriodictyol: 0.22mg, Eriodictyol: 0.22mg, Eriodictyol: 0.22mg Hesperetin: 0.9mg, Hesperetin: 0.9mg, Hesperetin: 0.9mg, Hesperetin: 0.9mg Naringenin: 0.04mg, Naringenin: 0.04mg, Naringenin: 0.04mg, Naringenin: 0.04mg Quercetin: 0.05mg, Quercetin: 0.05mg, Quercetin: 0.05mg, Quercetin: 0.05mg

Nutrients (% of daily need)

Calories: 52.29kcal (2.61%), Fat: 1.93g (2.96%), Saturated Fat: 0.23g (1.44%), Carbohydrates: 8.8g (2.93%), Net Carbohydrates: 7.83g (2.85%), Sugar: 6.26g (6.96%), Cholesterol: 0mg (0%), Sodium: 611.13mg (26.57%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.69g (3.39%), Vitamin A: 1225.15IU (24.5%), Vitamin E: 1.23mg (8.19%), Vitamin C: 3.68mg (4.46%), Vitamin B3: 0.87mg (4.37%), Manganese: 0.08mg (4.12%), Iron: 0.71mg (3.97%), Fiber: 0.97g (3.9%), Vitamin B6: 0.07mg (3.66%), Potassium: 126.64mg (3.62%), Vitamin B2: 0.06mg (3.51%), Phosphorus: 30.35mg (3.04%), Magnesium: 9.61mg (2.4%), Copper: 0.05mg (2.34%), Vitamin K: 2.31µg (2.2%), Zinc: 0.21mg (1.42%), Folate: 4.86µg (1.22%), Calcium: 11.25mg (1.12%)