

# Caramelized Baked Chicken

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

READY IN



75 min.

SERVINGS



6

CALORIES



502 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

## Ingredients

- 3 pounds chicken wings
- 1 clove garlic minced
- 1 cup honey
- 2 tablespoons catsup
- 2 tablespoons olive oil
- 6 servings salt and pepper to taste
- 0.5 cup soya sauce

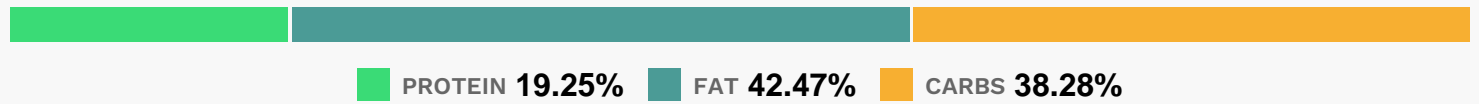
## Equipment

- oven
- baking pan

## Directions

- Preheat oven to 375 degrees F (190 degrees C).
- Place chicken in a 9x13 inch baking dish.
- Mix together the oil, soy sauce, ketchup, honey, garlic, salt and pepper.
- Pour over the chicken.
- Bake in preheated oven for one hour, or until sauce is caramelized.

## Nutrition Facts



## Properties

Glycemic Index:16.21, Glycemic Load:24.46, Inflammation Score:-2, Nutrition Score:9.5830435467803%

## Flavonoids

Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.05mg, Quercetin: 0.05mg, Quercetin: 0.05mg, Quercetin: 0.05mg

## Nutrients (% of daily need)

Calories: 502.29kcal (25.11%), Fat: 24.25g (37.31%), Saturated Fat: 6.13g (38.34%), Carbohydrates: 49.17g (16.39%), Net Carbohydrates: 48.88g (17.77%), Sugar: 47.79g (53.09%), Cholesterol: 94.3mg (31.43%), Sodium: 1410.94mg (61.35%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 24.73g (49.47%), Vitamin B3: 8.16mg (40.82%), Selenium: 19.7µg (28.14%), Vitamin B6: 0.5mg (24.75%), Phosphorus: 191.12mg (19.11%), Zinc: 1.85mg (12.34%), Iron: 1.91mg (10.64%), Vitamin B5: 1.05mg (10.55%), Vitamin B2: 0.17mg (9.85%), Manganese: 0.18mg (8.88%), Potassium: 277.56mg (7.93%), Magnesium: 31.69mg (7.92%), Vitamin E: 1.11mg (7.42%), Vitamin B12: 0.39µg (6.53%), Copper: 0.1mg (5.13%), Vitamin B1: 0.07mg (4.78%), Vitamin A: 205.73IU (4.11%), Vitamin K: 2.97µg (2.83%), Folate: 9.97µg (2.49%), Calcium: 23.77mg (2.38%), Vitamin C: 1.5mg (1.82%), Fiber: 0.29g (1.17%)