



Caribbean Chicken Wings



Gluten Free



Dairy Free

READY IN



295 min.

SERVINGS



6

CALORIES



757 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 2 teaspoons allspice
- ☐ 0.3 cup apple cider vinegar
- ☐ 0.3 cup brown sugar
- ☐ 2 teaspoons cayenne pepper
- ☐ 7 pounds chicken wings
- ☐ 2 teaspoons thyme leaves dried
- ☐ 2 teaspoons fennel seed
- ☐ 4 garlic cloves chopped

- ☐ 4 green onions chopped
- ☐ 1 teaspoon ground ginger
- ☐ 1 habanero seeded chopped
- ☐ 0.3 cup honey
- ☐ 0.3 cup juice of lime
- ☐ 0.3 cup orange juice
- ☐ 0.3 cup soya sauce
- ☐ 2 tablespoons sugar

Equipment

- ☐ food processor
- ☐ baking sheet
- ☐ sauce pan
- ☐ oven
- ☐ ziploc bags

Directions

- ☐ Watch how to make this recipe.
- ☐ In a food processor, blend together all the ingredients but the chicken until smooth. Reserve 1 cup of marinade.
- ☐ Place chicken wings into a large resealable plastic bag and pour remaining marinade over them. Seal and marinate in the refrigerator 4 to 6 hours.
- ☐ Preheat oven to 350 degrees F. Line 2 sheet trays with parchment.
- ☐ Remove chicken from bag and place on the baking sheets.
- ☐ Bake 20 minutes. Meanwhile, in a small saucepan bring reserved marinade to a boil. Reduce by 1/3 until it thickens slightly, about 10 minutes. After 20 minutes, remove chicken from oven.
- ☐ Brush chicken with the glaze. Raise the heat to 400 degrees F and cook chicken until cooked through, another 20 minutes.

Nutrition Facts



 **PROTEIN 28.81%**  **FAT 55.1%**  **CARBS 16.09%**

Properties

Glycemic Index:63.89, Glycemic Load:9.99, Inflammation Score:-7, Nutrition Score:22.383478128392%

Flavonoids

Eriodictyol: 0.24mg, Eriodictyol: 0.24mg, Eriodictyol: 0.24mg, Eriodictyol: 0.24mg Hesperetin: 2.14mg, Hesperetin: 2.14mg, Hesperetin: 2.14mg, Hesperetin: 2.14mg Naringenin: 0.26mg, Naringenin: 0.26mg, Naringenin: 0.26mg, Naringenin: 0.26mg Kaempferol: 0.11mg, Kaempferol: 0.11mg, Kaempferol: 0.11mg, Kaempferol: 0.11mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 0.97mg, Quercetin: 0.97mg, Quercetin: 0.97mg, Quercetin: 0.97mg

Nutrients (% of daily need)

Calories: 757.05kcal (37.85%), Fat: 46.03g (70.82%), Saturated Fat: 12.87g (80.45%), Carbohydrates: 30.23g (10.08%), Net Carbohydrates: 29.02g (10.55%), Sugar: 26.1g (29%), Cholesterol: 220.04mg (73.35%), Sodium: 755.91mg (32.87%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 54.16g (108.31%), Vitamin B3: 17.64mg (88.21%), Selenium: 45.27µg (64.67%), Vitamin B6: 1.1mg (54.88%), Phosphorus: 408.59mg (40.86%), Zinc: 4.03mg (26.89%), Vitamin B5: 2.3mg (23.02%), Iron: 3.99mg (22.17%), Vitamin K: 23.15µg (22.05%), Manganese: 0.41mg (20.41%), Vitamin C: 15.87mg (19.23%), Vitamin B2: 0.3mg (17.51%), Potassium: 599.89mg (17.14%), Magnesium: 67.26mg (16.82%), Vitamin A: 836.25IU (16.73%), Vitamin B12: 0.91µg (15.24%), Vitamin B1: 0.17mg (11.45%), Copper: 0.18mg (9.02%), Calcium: 77.63mg (7.76%), Vitamin E: 1.16mg (7.76%), Folate: 25.12µg (6.28%), Fiber: 1.2g (4.81%), Vitamin D: 0.29µg (1.91%)