



Caribbean Jerk Chicken Wings

READY IN



20 min.

SERVINGS



18

CALORIES



190 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 2 cups mustard-based bbq sauce store bought recommended: Cattleman's Gold Sauce
- ☐ 0.3 cup brown sugar
- ☐ 6 ounce pineapple crushed canned
- ☐ 18 chicken wings
- ☐ 1 teaspoon ground ginger
- ☐ 18 servings walkerswood jamaican jerk seasoning store bought
- ☐ 18 servings salt and pepper
- ☐ 2 tablespoons soya sauce

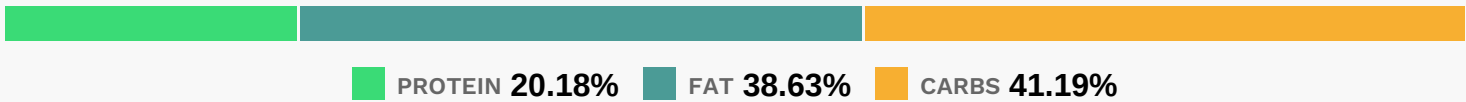
Equipment

- ☐ sauce pan
- ☐ grill

Directions

- ☐ Preheat grill to medium-high.
- ☐ Prepare sauce by combining all ingredients together in a saucepan over medium heat. Cook until heated through.
- ☐ Rub jerk seasoning into chicken wings. Grill for 10 to 12 minutes or until cooked through.
- ☐ Brush generously with sauce and serve.

Nutrition Facts



Properties

Glycemic Index:0.83, Glycemic Load:0.01, Inflammation Score:-5, Nutrition Score:5.776521768259%

Nutrients (% of daily need)

Calories: 189.71kcal (9.49%), Fat: 8.18g (12.58%), Saturated Fat: 2.22g (13.88%), Carbohydrates: 19.62g (6.54%), Net Carbohydrates: 18.48g (6.72%), Sugar: 16.03g (17.81%), Cholesterol: 37.01mg (12.34%), Sodium: 701.97mg (30.52%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 9.61g (19.22%), Vitamin B3: 3.39mg (16.95%), Vitamin A: 739.59IU (14.79%), Vitamin B6: 0.25mg (12.37%), Selenium: 8.44µg (12.05%), Phosphorus: 79.41mg (7.94%), Vitamin E: 1.16mg (7.75%), Manganese: 0.13mg (6.64%), Iron: 1.13mg (6.29%), Potassium: 210.58mg (6.02%), Zinc: 0.8mg (5.35%), Vitamin B2: 0.08mg (4.95%), Magnesium: 18.59mg (4.65%), Fiber: 1.14g (4.55%), Vitamin B5: 0.45mg (4.51%), Copper: 0.08mg (3.9%), Vitamin B1: 0.05mg (3.08%), Calcium: 28.39mg (2.84%), Vitamin K: 2.75µg (2.62%), Vitamin B12: 0.15µg (2.56%), Vitamin C: 1.43mg (1.73%)