



Caribbean Jerk Chicken Wings

 **Gluten Free**  **Dairy Free**  **Low Fod Map**

READY IN



90 min.

SERVINGS



30

CALORIES



68 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 0.5 cup bull's-eye original barbecue sauce
- 3 lb chicken wings split
- 0.5 tsp ground cinnamon
- 1 tsp ground pepper red (cayenne)
- 1 tsp ground thyme
- 0.3 cup 1/4 cup kraft zesty italian dressing italian kraft

Equipment

- bowl

grill

Directions

- Mix all ingredients except chicken in medium bowl until blended. Reserve 1/4 cup sauce for later use.
- Add wings to remaining sauce; toss to evenly coat. Refrigerate 1 hour to marinate.
- Heat greased grill to medium heat.
- Remove wings from marinade; discard marinade. Grill wings 15 to 20 min. or until done, turning frequently and brushing with reserved sauce for the last few minutes.

Nutrition Facts



Properties

Glycemic Index:1.23, Glycemic Load:0.01, Inflammation Score:-1, Nutrition Score:1.8273912940336%

Nutrients (% of daily need)

Calories: 67.7kcal (3.39%), Fat: 4.37g (6.72%), Saturated Fat: 1.16g (7.25%), Carbohydrates: 2.28g (0.76%), Net Carbohydrates: 2.18g (0.79%), Sugar: 1.8g (2%), Cholesterol: 18.86mg (6.29%), Sodium: 86.47mg (3.76%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 4.55g (9.1%), Vitamin B3: 1.49mg (7.45%), Selenium: 3.91µg (5.58%), Vitamin B6: 0.09mg (4.62%), Phosphorus: 33.88mg (3.39%), Zinc: 0.34mg (2.27%), Vitamin B5: 0.2mg (1.96%), Vitamin K: 2.04µg (1.95%), Iron: 0.33mg (1.86%), Potassium: 52.69mg (1.51%), Vitamin A: 74.26IU (1.49%), Vitamin B2: 0.03mg (1.47%), Magnesium: 5.35mg (1.34%), Vitamin B12: 0.08µg (1.31%), Vitamin E: 0.18mg (1.18%), Manganese: 0.02mg (1.17%)