

## Chicken Wing Appetizers

READY IN



45 min.

SERVINGS



45

CALORIES



61 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

### Ingredients

- 2.3 cups round buttery crackers crushed
- 2.5 lb chicken wings split
- 2 Tbsp honey
- 0.5 cup yogurt plain low-fat
- 0.5 cup sesame seed
- 0.3 cup a.1. teriyaki steak sauce

### Equipment

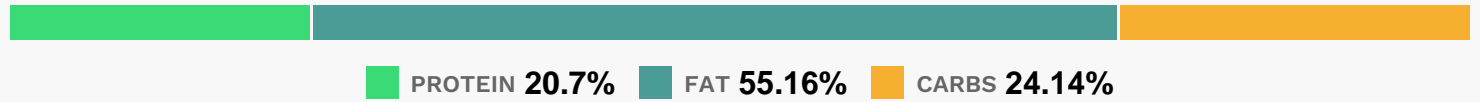
- baking sheet

oven

## Directions

- Mix yogurt, steak sauce and honey until blended.
- Combine cracker crumbs and sesame seed in pie plate.
- Brush chicken with yogurt mixture, then dip in crumb mixture, turning to evenly coat both sides of each piece.
- Place in single layer on rimmed baking sheet sprayed with cooking spray.
- Bake 25 to 30 min. or until done, turning after 15 min.

## Nutrition Facts



## Properties

Glycemic Index:1.94, Glycemic Load:0.47, Inflammation Score:-1, Nutrition Score:2.1139130488686%

## Nutrients (% of daily need)

Calories: 61.28kcal (3.06%), Fat: 3.77g (5.8%), Saturated Fat: 0.92g (5.76%), Carbohydrates: 3.71g (1.24%), Net Carbohydrates: 3.42g (1.24%), Sugar: 1.39g (1.54%), Cholesterol: 10.64mg (3.55%), Sodium: 68.34mg (2.97%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.18g (6.36%), Vitamin B3: 1.05mg (5.27%), Selenium: 2.94µg (4.2%), Phosphorus: 41.47mg (4.15%), Copper: 0.08mg (4.07%), Vitamin B6: 0.07mg (3.3%), Manganese: 0.06mg (3.21%), Iron: 0.54mg (3%), Calcium: 28.04mg (2.8%), Magnesium: 9.67mg (2.42%), Zinc: 0.36mg (2.41%), Vitamin B1: 0.04mg (2.35%), Vitamin B2: 0.03mg (1.85%), Vitamin K: 1.6µg (1.52%), Vitamin B5: 0.13mg (1.33%), Potassium: 45.04mg (1.29%), Folate: 4.86µg (1.21%), Fiber: 0.3g (1.19%), Vitamin E: 0.17mg (1.16%)