



## Chicken Wings

 Gluten Free

READY IN



45 min.

SERVINGS



30

CALORIES



94 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

## Ingredients

- 2 tablespoons brown sugar
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- 3.3 pounds chicken drummettes organic
- 1 teaspoon garlic powder
- 2 teaspoons ground cumin
- 30 servings honey
- 1 tablespoon kosher salt
- 30 servings all the tabasco sauce you handle

- 2 tablespoons taco seasoning
- 3 tablespoons vegan cream cheese
- 2 tablespoons yogurt

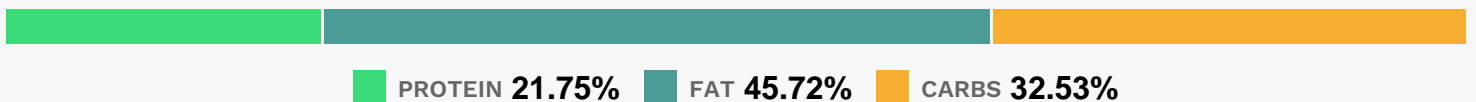
## Equipment

- bowl
- baking sheet
- oven
- plastic wrap

## Directions

- Add chicken into a large glass or stainless steel bowl, toss all the seasonings and brown sugar over the chicken. Cover with plastic wrap and refrigerate for an hour or two. Preheat the oven temperature to 400 degrees F.
- Place all the seasoned chicken onto a parchment lined baking sheet spread out so that they don't touch. If you are doubling the recipe use two pans.
- Bake for 35 minutes. In a large bowl, add about 2 tablespoons of honey (or more if you like) and a few splashes of tabasco sauce (less or more to your liking).
- Add the chicken, if it feels too hot to toss, wait a few minutes or use two spoons to coat the chicken.
- Add chive and garlic vegan cream cheese to the coconut milk yogurt in a small bowl and mix well.
- Serve chilled with celery sticks and chicken wings.

## Nutrition Facts



## Properties

Glycemic Index:2.71, Glycemic Load:3.03, Inflammation Score:-1, Nutrition Score:1.9034782608696%

## Nutrients (% of daily need)

Calories: 94.1kcal (4.7%), Fat: 4.86g (7.47%), Saturated Fat: 1.4g (8.72%), Carbohydrates: 7.77g (2.59%), Net Carbohydrates: 7.61g (2.77%), Sugar: 7.45g (8.27%), Cholesterol: 21.13mg (7.04%), Sodium: 275.94mg (12%), Protein: 5.2g (10.39%), Vitamin B3: 1.63mg (8.16%), Selenium: 4.35µg (6.22%), Vitamin B6: 0.1mg (5.02%), Phosphorus: 38.63mg (3.86%), Zinc: 0.4mg (2.64%), Iron: 0.43mg (2.36%), Vitamin B5: 0.22mg (2.21%), Vitamin B2: 0.03mg (1.72%), Potassium: 54.06mg (1.54%), Vitamin B12: 0.09µg (1.53%), Magnesium: 5.92mg (1.48%), Vitamin A: 58.82IU (1.18%)