



## Chicken Wings

READY IN



45 min.

SERVINGS



10

CALORIES



389 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- ☐ 1.3 cups bread crumbs dried
- ☐ 0.7 cup butter
- ☐ 20 chicken wings
- ☐ 0.3 cup mustard dijon-style prepared
- ☐ 0.3 cup parmesan cheese

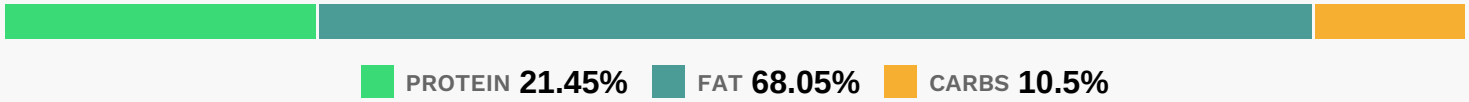
### Equipment

- ☐ oven
- ☐ baking pan

# Directions

- ☐ Preheat oven to 400 degrees F (205 degrees C).
- ☐ Melt butter or margarine and stir in mustard.
- ☐ Place bread crumbs in a flat dish.
- ☐ Roll each chicken piece in the butter mixture, then coat with bread crumbs.
- ☐ Place chicken pieces in a 9x13 inch baking dish.
- ☐ Sprinkle with cheese and bake in the preheated oven for 15 minutes. Turn and bake 15 minutes longer, or until crispy.

## Nutrition Facts



## Properties

Glycemic Index:10.9, Glycemic Load:0.05, Inflammation Score:-4, Nutrition Score:9.3791305552358%

## Nutrients (% of daily need)

Calories: 388.81kcal (19.44%), Fat: 29.2g (44.92%), Saturated Fat: 12.67g (79.21%), Carbohydrates: 10.14g (3.38%), Net Carbohydrates: 9.26g (3.37%), Sugar: 0.95g (1.06%), Cholesterol: 108.25mg (36.08%), Sodium: 374.82mg (16.3%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 20.71g (41.42%), Vitamin B3: 6.64mg (33.2%), Selenium: 21.13µg (30.19%), Vitamin B6: 0.36mg (17.99%), Phosphorus: 176.86mg (17.69%), Vitamin B1: 0.19mg (12.68%), Vitamin A: 543.42IU (10.87%), Zinc: 1.6mg (10.64%), Iron: 1.69mg (9.38%), Vitamin B2: 0.16mg (9.21%), Vitamin B5: 0.86mg (8.57%), Manganese: 0.17mg (8.39%), Calcium: 73.39mg (7.34%), Magnesium: 27.5mg (6.87%), Vitamin B12: 0.41µg (6.84%), Potassium: 191.68mg (5.48%), Folate: 19.35µg (4.84%), Vitamin E: 0.68mg (4.52%), Copper: 0.08mg (3.96%), Fiber: 0.88g (3.5%), Vitamin K: 2.09µg (1.99%)