



Chicken Wings Pacifica

 Gluten Free  Low Fod Map

READY IN



45 min.

SERVINGS



10

CALORIES



343 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 1 cup brown sugar packed
- 0.5 cup butter
- 3 pounds chicken wings
- 1 teaspoon ground mustard
- 1 cup soya sauce
- 0.8 cup water

Equipment

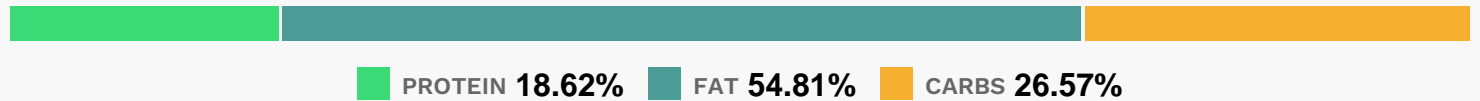
- paper towels

oven

Directions

- Disjoint the chicken wings, discarding the tips.
- Combine the soy sauce, brown sugar, butter or margarine, mustard and water and heat until the sugar and butter dissolve.
- Let mixture cool and pour over wings. Marinate in the refrigerator for 2 hours, turning occasionally.
- Preheat oven to 350 degrees F (175 degrees C).
- Bake chicken wings in marinade for 45 minutes, turning once and spooning marinade over chicken occasionally.
- Drain on paper towels and serve.

Nutrition Facts



Properties

Glycemic Index:6.5, Glycemic Load:0.17, Inflammation Score:-3, Nutrition Score:6.6021738026453%

Nutrients (% of daily need)

Calories: 343.05kcal (17.15%), Fat: 21.04g (32.36%), Saturated Fat: 9.13g (57.08%), Carbohydrates: 22.94g (7.65%), Net Carbohydrates: 22.73g (8.26%), Sugar: 21.75g (24.17%), Cholesterol: 80.98mg (26.99%), Sodium: 1429.65mg (62.16%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 16.08g (32.17%), Vitamin B3: 5.31mg (26.55%), Selenium: 12.37µg (17.67%), Vitamin B6: 0.31mg (15.69%), Phosphorus: 132.42mg (13.24%), Iron: 1.43mg (7.93%), Vitamin A: 391.72IU (7.83%), Manganese: 0.15mg (7.4%), Zinc: 1.11mg (7.39%), Vitamin B5: 0.69mg (6.93%), Magnesium: 25.63mg (6.41%), Vitamin B2: 0.1mg (6.14%), Potassium: 197.28mg (5.64%), Vitamin B12: 0.25µg (4.24%), Copper: 0.08mg (3.8%), Calcium: 35.51mg (3.55%), Vitamin B1: 0.05mg (3.41%), Vitamin E: 0.49mg (3.29%), Folate: 8µg (2%)