



Chicken Wings With BBQ Sauce for the Crock Pot!

 Gluten Free  Dairy Free

READY IN



195 min.

SERVINGS



30

CALORIES



88 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 1.5 cups barbecue sauce
- 3 lbs chicken wings (14-16)
- 0.3 cup honey
- 2 teaspoons mustard prepared
- 1.5 teaspoons worcestershire sauce

Equipment

Nutrition Facts

PROTEIN 21.14% FAT 41.24% CARBS 37.62%

Properties

Glycemic Index:2.81, Glycemic Load:1.21, Inflammation Score:-1, Nutrition Score:1.9204347826087%

Nutrients (% of daily need)

Calories: 88kcal (4.4%), Fat: 4.01g (6.17%), Saturated Fat: 1.1g (6.9%), Carbohydrates: 8.24g (2.75%), Net Carbohydrates: 8.09g (2.94%), Sugar: 7.1g (7.89%), Cholesterol: 18.86mg (6.29%), Sodium: 172.85mg (7.52%), Protein: 4.63g (9.26%), Vitamin B3: 1.54mg (7.72%), Selenium: 4.12µg (5.89%), Vitamin B6: 0.1mg (4.87%), Phosphorus: 35.85mg (3.58%), Zinc: 0.36mg (2.39%), Potassium: 75.76mg (2.16%), Vitamin B5: 0.21mg (2.14%), Iron: 0.36mg (1.98%), Vitamin B2: 0.03mg (1.84%), Magnesium: 6.52mg (1.63%), Vitamin A: 68.51IU (1.37%), Vitamin B12: 0.08µg (1.31%), Manganese: 0.03mg (1.3%), Vitamin E: 0.19mg (1.26%), Copper: 0.02mg (1.11%), Vitamin B1: 0.02mg (1.06%)