



Chicken Wings with Spicy Chili Sauce



Gluten Free



Dairy Free

READY IN



258 min.

SERVINGS



10

CALORIES



221 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 10 servings celery stalks
- ☐ 2.5 pounds chicken wings (13 wings)
- ☐ 0.5 cup sriracha with tuong ot toi)
- ☐ 2 tablespoons dijon mustard
- ☐ 0.8 cup maple syrup
- ☐ 1 small onion diced
- ☐ 2 teaspoons worcestershire sauce

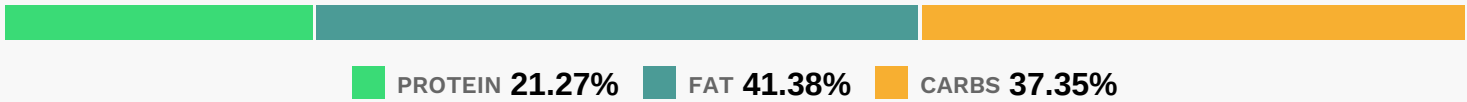
Equipment

- ☐ bowl
- ☐ slow cooker
- ☐ broiler pan

Directions

- ☐ Cut off wingtips, and discard; cut wings in half at joint.
- ☐ Combine syrup and next 4 ingredients in a small bowl; reserve 3/4 cup marinade, and refrigerate.
- ☐ Pour remaining marinade into a large zip-top freezer bag; add chicken and seal. Refrigerate 8 hours, turning bag occasionally.
- ☐ Remove chicken from marinade; discard marinade.
- ☐ Place chicken, skin sides up, on a lightly greased rack in a broiler pan. Broil, 3 inches from heat, 8 minutes or until browned.
- ☐ Place wings in a 3-quart slow cooker. Cover and cook on LOW 4 hours.
- ☐ Serve with reserved 3/4 cup marinade and celery sticks.
- ☐ Spicy!: The spiciness of this appetizer varies depending on the brand of chili garlic sauce used.

Nutrition Facts



Properties

Glycemic Index:12.75, Glycemic Load:6.1, Inflammation Score:-1, Nutrition Score:6.6060869706714%

Flavonoids

Apigenin: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 0.35mg, Isorhamnetin: 0.35mg, Isorhamnetin: 0.35mg, Isorhamnetin: 0.35mg Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg Quercetin: 1.42mg, Quercetin: 1.42mg, Quercetin: 1.42mg, Quercetin: 1.42mg

Nutrients (% of daily need)

Calories: 220.56kcal (11.03%), Fat: 9.89g (15.21%), Saturated Fat: 2.75g (17.21%), Carbohydrates: 20.08g (6.69%), Net Carbohydrates: 19.34g (7.03%), Sugar: 16.99g (18.88%), Cholesterol: 47.15mg (15.72%), Sodium: 677.73mg (29.47%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 11.44g (22.87%), Manganese: 0.59mg (29.45%),

Vitamin B2: 0.37mg (21.56%), Vitamin B3: 3.68mg (18.42%), Selenium: 10.56µg (15.08%), Vitamin B6: 0.23mg (11.28%), Phosphorus: 87.06mg (8.71%), Zinc: 1.02mg (6.79%), Potassium: 176.78mg (5.05%), Vitamin B5: 0.49mg (4.89%), Magnesium: 18.5mg (4.62%), Iron: 0.74mg (4.09%), Calcium: 38.86mg (3.89%), Vitamin B1: 0.06mg (3.68%), Vitamin B12: 0.2µg (3.27%), Fiber: 0.74g (2.97%), Vitamin A: 97.72IU (1.95%), Copper: 0.03mg (1.64%), Vitamin C: 1.15mg (1.39%), Vitamin E: 0.2mg (1.33%), Folate: 4.45µg (1.11%)