



Chinese Chicken Wings

 Gluten Free  Dairy Free

READY IN



45 min.

SERVINGS



30

CALORIES



52 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 0.3 cup brown sugar packed
- 2 pounds chicken wings
- 1 teaspoon garlic salt
- 1 teaspoon ground ginger
- 0.5 teaspoon pepper
- 1 cup pineapple juice
- 1 sticks ranch dressing
- 0.3 cup soya sauce

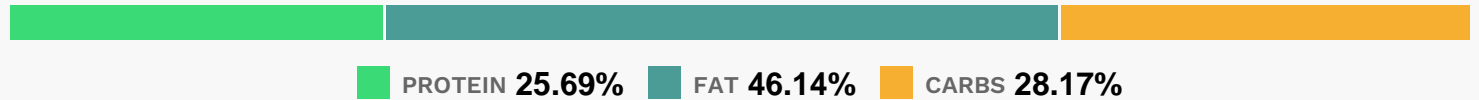
Equipment

- frying pan
- oven

Directions

- Place wings in a large plastic zipping bag; set aside.
- Combine soy sauce and next 5 ingredients; pour over wings, turning to coat. Refrigerate overnight, turning several times.
- Drain wings, discarding marinade; arrange in a single layer on an ungreased jelly-roll pan.
- Bake at 450 for 25 to 30 minutes or until golden and juices run clear when chicken is pierced with a fork.
- Serve with celery and ranch dressing, if desired.

Nutrition Facts



Properties

Glycemic Index:3.1, Glycemic Load:0.48, Inflammation Score:-1, Nutrition Score:1.4886956231102%

Nutrients (% of daily need)

Calories: 51.71kcal (2.59%), Fat: 2.64g (4.06%), Saturated Fat: 0.74g (4.61%), Carbohydrates: 3.63g (1.21%), Net Carbohydrates: 3.57g (1.3%), Sugar: 3.2g (3.56%), Cholesterol: 12.58mg (4.19%), Sodium: 234.6mg (10.2%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.31g (6.61%), Vitamin B3: 1.09mg (5.47%), Manganese: 0.08mg (4.18%), Selenium: 2.63µg (3.76%), Vitamin B6: 0.07mg (3.59%), Phosphorus: 25.86mg (2.59%), Zinc: 0.24mg (1.6%), Iron: 0.28mg (1.53%), Vitamin B5: 0.14mg (1.43%), Magnesium: 5.34mg (1.33%), Potassium: 45.78mg (1.31%), Vitamin B2: 0.02mg (1.18%), Vitamin C: 0.9mg (1.09%)