

 2%
HEALTH SCORE

Chinese Chicken Wings

 Gluten Free  Dairy Free

READY IN



570 min.

SERVINGS



15

CALORIES



315 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 2 cups brown sugar
- 5 pounds chicken wings split
- 2 tablespoons garlic powder
- 2 cups soya sauce

Equipment

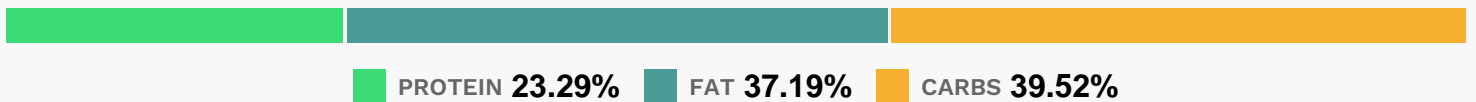
- bowl
- sauce pan
- oven

- plastic wrap
- baking pan
- aluminum foil

Directions

- Stir the soy sauce, brown sugar, and garlic powder together in a saucepan over medium heat; cook and stir until the sugar melts completely.
- Remove from heat and allow to cool.
- Place the chicken wings in a large bowl.
- Pour the soy sauce mixture over the wings and toss to coat evenly. Cover the bowl with plastic wrap. Allow chicken to marinate in refrigerator overnight or 8 hours.
- Preheat an oven to 350 degrees F (175 degrees C).
- Pour the chicken wings and marinade into a 9x13-inch baking dish. Cover the baking dish with aluminum foil.
- Bake in the preheated oven until thoroughly hot, about 45 minutes.
- Remove the aluminum foil from the baking dish and continue baking uncovered another 15 minutes.
- Serve hot.

Nutrition Facts



Properties

Glycemic Index:1.33, Glycemic Load:0.26, Inflammation Score:-2, Nutrition Score:7.3160869142284%

Nutrients (% of daily need)

Calories: 314.81kcal (15.74%), Fat: 13.08g (20.12%), Saturated Fat: 3.66g (22.9%), Carbohydrates: 31.27g (10.42%), Net Carbohydrates: 30.93g (11.25%), Sugar: 29.01g (32.23%), Cholesterol: 62.87mg (20.96%), Sodium: 1796.39mg (78.1%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 18.43g (36.86%), Vitamin B3: 6.1mg (30.51%), Selenium: 13.51µg (19.3%), Vitamin B6: 0.38mg (18.86%), Phosphorus: 153.58mg (15.36%), Manganese: 0.2mg (9.91%), Iron: 1.78mg (9.89%), Zinc: 1.26mg (8.4%), Vitamin B5: 0.79mg (7.88%), Magnesium: 30.53mg (7.63%), Vitamin B2: 0.12mg (7.08%), Potassium: 244.69mg (6.99%), Copper: 0.09mg (4.74%), Vitamin B12: 0.26µg (4.35%), Vitamin B1: 0.06mg (4.14%), Calcium: 41.17mg (4.12%), Folate: 9.63µg (2.41%), Vitamin A: 120.02IU (2.4%), Vitamin E: 0.25mg

(1.68%), Fiber: 0.34g (1.37%)