



Cola-Brined Chicken Wings

 **Gluten Free**  **Dairy Free**

READY IN



140 min.

SERVINGS



12

CALORIES



260 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 0.3 cup brown sugar packed
- 4 pounds chicken wings
- 1 liter cola-flavored carbonated beverage
- 2 tablespoons garlic powder
- 2 tablespoons ground mustard
- 2 tablespoons ground pepper black
- 2 tablespoons kosher salt
- 4 teaspoons paprika

0.5 cup vegetable oil

Equipment

bowl

paper towels

mixing bowl

grill

ziploc bags

colander

Directions

Pour 1/2 cup kosher salt and the cola into a resealable plastic bag, mix until the salt dissolves.

Add the chicken wings, coat with the brine, squeeze out excess air, and seal the bag. Brine in the refrigerator for 2 hours. While the chicken is brining, stir together the vegetable oil, brown sugar, 2 tablespoons kosher salt, garlic powder, black pepper, mustard powder, and paprika in a small bowl to form a paste; set aside.

Preheat an outdoor grill for medium heat, and lightly oil the grate.

Drain the chicken wings in a colander set in the sink, then pat dry with paper towels.

Place the wings into a large mixing bowl, then mix in the spice paste until evenly coated.

Grill the wings on the preheated grill, turning occasionally, until the chicken is no longer pink at the bone, 10 to 15 minutes.

Nutrition Facts



PROTEIN 24.16% **FAT 53.23%** **CARBS 22.61%**

Properties

Glycemic Index:9.58, Glycemic Load:5.19, Inflammation Score:-4, Nutrition Score:7.1934783251389%

Nutrients (% of daily need)

Calories: 260.22kcal (13.01%), Fat: 15.42g (23.73%), Saturated Fat: 3.99g (24.93%), Carbohydrates: 14.74g (4.91%), Net Carbohydrates: 13.99g (5.09%), Sugar: 12.09g (13.43%), Cholesterol: 62.87mg (20.96%), Sodium: 1228.56mg

(53.42%), Alcohol: Og (100%), Alcohol %: 0% (100%), Caffeine: 6.65mg (2.22%), Protein: 15.75g (31.51%), Vitamin B3: 4.99mg (24.94%), Selenium: 15.63µg (22.33%), Vitamin B6: 0.33mg (16.58%), Phosphorus: 135.12mg (13.51%), Manganese: 0.2mg (10.1%), Vitamin A: 454.21IU (9.08%), Zinc: 1.26mg (8.39%), Iron: 1.33mg (7.39%), Vitamin B5: 0.68mg (6.82%), Magnesium: 23.38mg (5.84%), Potassium: 188.37mg (5.38%), Vitamin K: 5.58µg (5.32%), Vitamin B2: 0.09mg (5.1%), Vitamin E: 0.67mg (4.44%), Vitamin B12: 0.26µg (4.35%), Vitamin B1: 0.06mg (3.84%), Copper: 0.07mg (3.5%), Fiber: 0.75g (2.99%), Calcium: 26.1mg (2.61%), Folate: 6.32µg (1.58%)