

Cook the Book: Best-Ever American Wings



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



24

CALORIES



219 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 6 tablespoons brown sugar
- ☐ 24 chicken wings
- ☐ 0.3 cup chili powder
- ☐ 3 tablespoons cooking oil
- ☐ 1 tablespoon thyme dried
- ☐ 6 cloves garlic minced
- ☐ 0.5 cup sauce
- ☐ 3 cups catsup

- ☐ 2 tablespoons blackstrap molasses
- ☐ 1 tablespoon oregano dried
- ☐ 1 tablespoon paprika
- ☐ 4 cups red wine
- ☐ 1 tablespoon all the tabasco sauce you handle

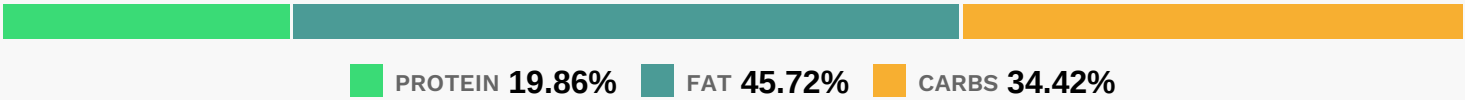
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ oven
- ☐ wire rack
- ☐ baking pan
- ☐ aluminum foil

Directions

- ☐ Cut off the wing tips and save them for making stock. In a large bowl, combine the red wine, ketchup, Heinz 57, brown sugar, chili powder, molasses, oregano, thyme, paprika, and Tabasco sauce. In a 12-inch saute pan, add the oil and saute the garlic. when the garlic begins to brown, add the red wine mixture. Bring to a low boil, then simmer for 20 minutes. Cool to room temperature.
- ☐ In a bowl large enough to hold the wings, combine the wings and the red wine sauce.
- ☐ Mix thoroughly. Marinate the wings in the refrigerator for 1 to 24 hours (the longer, the better).
- ☐ Preheat the oven to 375 degrees. Line a shallow baking pan with foil. Coat a wire rack with nonstick cooking spray and place the rack in the baking pan.
- ☐ Drain the chicken and reserve the marinade. Arrange the wings on the rack (smooth surface down) and roast for 30 minutes.
- ☐ Drain the accumulated liquid from the pan. Baste the wings with the reserved marinade, turn them over, and baste again. Roast until the wings turn a mahogany color, about another 30 minutes.
- ☐ Serve hot or at room temperature.

Nutrition Facts



Properties

Glycemic Index:4.54, Glycemic Load:0.79, Inflammation Score:-8, Nutrition Score:7.6673912509628%

Flavonoids

Cyanidin: 0.08mg, Cyanidin: 0.08mg, Cyanidin: 0.08mg, Cyanidin: 0.08mg Petunidin: 0.79mg, Petunidin: 0.79mg, Petunidin: 0.79mg, Petunidin: 0.79mg Delphinidin: 0.8mg, Delphinidin: 0.8mg, Delphinidin: 0.8mg, Delphinidin: 0.8mg Malvidin: 5.54mg, Malvidin: 5.54mg, Malvidin: 5.54mg, Malvidin: 5.54mg Peonidin: 0.5mg, Peonidin: 0.5mg, Peonidin: 0.5mg, Peonidin: 0.5mg Catechin: 2.86mg, Catechin: 2.86mg, Catechin: 2.86mg, Catechin: 2.86mg Epigallocatechin: 0.02mg, Epigallocatechin: 0.02mg, Epigallocatechin: 0.02mg, Epigallocatechin: 0.02mg Epicatechin: 1.52mg, Epicatechin: 1.52mg, Epicatechin: 1.52mg, Epicatechin: 1.52mg Hesperetin: 0.25mg, Hesperetin: 0.25mg, Hesperetin: 0.25mg, Hesperetin: 0.25mg Naringenin: 0.71mg, Naringenin: 0.71mg, Naringenin: 0.71mg, Naringenin: 0.71mg Apigenin: 0.05mg, Apigenin: 0.05mg, Apigenin: 0.05mg, Apigenin: 0.05mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Isorhamnetin: 0.01mg, Isorhamnetin: 0.01mg, Isorhamnetin: 0.01mg, Isorhamnetin: 0.01mg Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg Myricetin: 0.18mg, Myricetin: 0.18mg, Myricetin: 0.18mg, Myricetin: 0.18mg Quercetin: 0.69mg, Quercetin: 0.69mg, Quercetin: 0.69mg, Quercetin: 0.69mg Gallocatechin: 0.03mg, Gallocatechin: 0.03mg, Gallocatechin: 0.03mg, Gallocatechin: 0.03mg

Nutrients (% of daily need)

Calories: 218.67kcal (10.93%), Fat: 9.88g (15.2%), Saturated Fat: 2.36g (14.76%), Carbohydrates: 16.74g (5.58%), Net Carbohydrates: 15.52g (5.64%), Sugar: 12.16g (13.52%), Cholesterol: 37.01mg (12.34%), Sodium: 424.59mg (18.46%), Alcohol: 4.24g (100%), Alcohol %: 4.02% (100%), Protein: 9.65g (19.31%), Vitamin A: 1110.54IU (22.21%), Vitamin B3: 3.73mg (18.63%), Vitamin B6: 0.32mg (16.09%), Vitamin E: 1.97mg (13.1%), Selenium: 8.72µg (12.45%), Manganese: 0.2mg (10.07%), Phosphorus: 91.24mg (9.12%), Iron: 1.63mg (9.06%), Vitamin K: 9.33µg (8.88%), Potassium: 300.87mg (8.6%), Vitamin B2: 0.13mg (7.9%), Magnesium: 26.99mg (6.75%), Zinc: 0.9mg (5.97%), Fiber: 1.22g (4.87%), Copper: 0.09mg (4.55%), Vitamin B5: 0.45mg (4.48%), Calcium: 36.05mg (3.61%), Vitamin C: 2.31mg (2.8%), Vitamin B1: 0.04mg (2.61%), Vitamin B12: 0.15µg (2.56%), Folate: 6.89µg (1.72%)