



Craig's Mystic Wings

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

READY IN



510 min.

SERVINGS



6

CALORIES



506 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 18 chicken wings separated
- 1.5 tablespoons ginger fresh grated
- 6 cloves garlic crushed
- 4 chile peppers green chopped
- 0.3 cup honey
- 3 tablespoons horseradish raw finely grated
- 3 dashes liquid smoke flavoring
- 8 habanero peppers minced seeded

- 18 ounce honey teriyaki barbeque sauce
- 0.5 cup worcestershire sauce

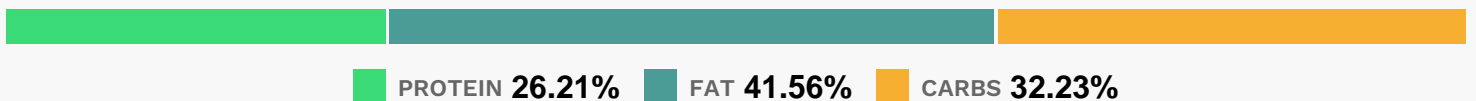
Equipment

- bowl
- sauce pan
- grill
- slow cooker

Directions

- In a medium saucepan mix together barbeque sauce, Worcestershire sauce, honey, liquid smoke, ginger, garlic, habanero peppers, green chile peppers, and horseradish. Simmer 1 hour over low heat, stirring occasionally.
- Place chicken wings in a large bowl, and coat with 3/4 of the sauce. Cover, and refrigerate for at least 6 hours.
- Preheat grill for low heat.
- Lightly oil grate. Discard marinade, and place chicken on the grill. Cook over low heat for 45 minutes to 1 hour, turning occasionally, until juices run clear.
- Transfer chicken to a slow cooker for serving, and stir in the remaining sauce. Set to the Low setting to keep chicken warm while serving.

Nutrition Facts



Properties

Glycemic Index:23.71, Glycemic Load:7.07, Inflammation Score:-8, Nutrition Score:22.670000115167%

Flavonoids

Luteolin: 7.47mg, Luteolin: 7.47mg, Luteolin: 7.47mg, Luteolin: 7.47mg Kaempferol: 0.1mg, Kaempferol: 0.1mg, Kaempferol: 0.1mg, Kaempferol: 0.1mg Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg Quercetin: 3.56mg, Quercetin: 3.56mg, Quercetin: 3.56mg, Quercetin: 3.56mg

Nutrients (% of daily need)

Calories: 505.66kcal (25.28%), Fat: 23.39g (35.99%), Saturated Fat: 6.56g (41.03%), Carbohydrates: 40.82g (13.61%), Net Carbohydrates: 36.68g (13.34%), Sugar: 31.35g (34.83%), Cholesterol: 111.02mg (37.01%), Sodium: 3799.1mg (165.18%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 33.19g (66.38%), Vitamin C: 138.12mg (167.42%), Vitamin B3: 10.63mg (53.13%), Vitamin B6: 0.99mg (49.7%), Phosphorus: 374.85mg (37.49%), Selenium: 24.16µg (34.51%), Potassium: 922.37mg (26.35%), Iron: 4.72mg (26.23%), Magnesium: 100.49mg (25.12%), Fiber: 4.15g (16.58%), Vitamin A: 817.54IU (16.35%), Vitamin B2: 0.27mg (15.98%), Zinc: 2.39mg (15.91%), Copper: 0.32mg (15.85%), Manganese: 0.29mg (14.72%), Vitamin B5: 1.47mg (14.7%), Vitamin B1: 0.21mg (13.88%), Vitamin K: 12.12µg (11.54%), Calcium: 89.71mg (8.97%), Folate: 35.11µg (8.78%), Vitamin B12: 0.46µg (7.69%), Vitamin E: 1.05mg (6.97%)