



## Creamy Parmesan-Garlic Chicken Wings

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

READY IN



70 min.

SERVINGS



12

CALORIES



196 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- 10 oz alfredo sauce fresh
- 3 lb chicken drumettes
- 1 garlic
- 0.5 teaspoon kosher salt (coarse)
- 1 teaspoon lemon zest freshly grated
- 0.3 teaspoon pepper
- 1 tablespoon vegetable oil
- 2 teaspoons vegetable oil

## Equipment

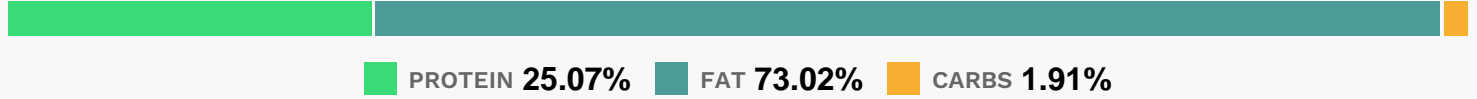
- baking sheet
- sauce pan
- oven
- whisk
- baking pan
- toothpicks
- aluminum foil
- ziploc bags
- garlic press

## Directions

- Heat oven to 425F. Line cookie sheet with sides with heavy-duty foil; spray with cooking spray.
- To roast the garlic: Carefully peel paper-like skin from around bulb of garlic, leaving just enough to hold garlic cloves together.
- Cut 1/4 to 1/2 inch from top of bulb to expose cloves.
- Place cut side up on 12-inch square of foil.
- Drizzle bulb with 2 teaspoons oil. Wrap securely in foil.
- Place in pie plate or shallow baking pan.
- In 1-gallon resealable food-storage plastic bag, mix 1 tablespoon oil, the salt, pepper and chicken. Seal bag; shake to coat.
- Place pie plate with foil-wrapped garlic in oven on lower rack.
- Place chicken on cookie sheet.
- Bake uncovered 30 minutes; turn chicken.
- Bake garlic about 15 minutes longer or until garlic is tender when pierced with toothpick or fork. Cool slightly.
- Bake chicken 5 to 15 minutes longer or until golden brown and juice of chicken is clear when thickest part is cut to bone (at least 165F).

- Gently squeeze soft garlic out of cloves, and press half of the garlic through a garlic press into 1-quart saucepan. Save remaining garlic for another use. Beat in Alfredo sauce and lemon peel with whisk; gently heat over medium-low heat 5 minutes, stirring frequently.
- Remove from heat; set aside. Toss chicken with half of the sauce.
- Serve warm with remaining sauce for dipping.

## Nutrition Facts



### Properties

Glycemic Index:5.17, Glycemic Load:0.03, Inflammation Score:-1, Nutrition Score:3.9556521527145%

### Nutrients (% of daily need)

Calories: 195.67kcal (9.78%), Fat: 15.54g (23.91%), Saturated Fat: 4.97g (31.05%), Carbohydrates: 0.92g (0.31%), Net Carbohydrates: 0.88g (0.32%), Sugar: 0.39g (0.43%), Cholesterol: 62.65mg (20.88%), Sodium: 300.44mg (13.06%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 12g (24.01%), Vitamin B3: 3.63mg (18.16%), Selenium: 9.53µg (13.61%), Vitamin B6: 0.22mg (10.89%), Phosphorus: 81.3mg (8.13%), Zinc: 0.82mg (5.46%), Vitamin B5: 0.47mg (4.72%), Vitamin K: 3.54µg (3.37%), Iron: 0.59mg (3.29%), Vitamin B12: 0.2µg (3.27%), Vitamin B2: 0.05mg (3.2%), Magnesium: 11.18mg (2.8%), Potassium: 97.37mg (2.78%), Vitamin E: 0.34mg (2.26%), Vitamin B1: 0.03mg (2%), Vitamin A: 90.35IU (1.81%), Copper: 0.03mg (1.33%), Manganese: 0.02mg (1.04%)