



## Creamy Parmesan-Garlic Chicken Wings

 Dairy Free

READY IN



70 min.

SERVINGS



12

CALORIES



202 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

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

## Equipment

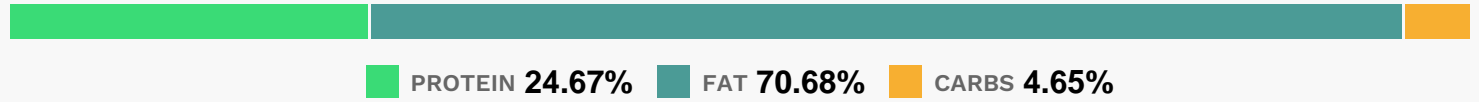
- baking sheet
- sauce pan
- oven
- whisk
- baking pan
- toothpicks
- aluminum foil
- ziploc bags
- garlic press

## Directions

- Heat oven to 425°F. 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 165°F).

- 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:3.75, Glycemic Load:0.37, Inflammation Score:-1, Nutrition Score:5.2230434897153%

### Flavonoids

Eriodictyol: 0.21mg, Eriodictyol: 0.21mg, Eriodictyol: 0.21mg, Eriodictyol: 0.21mg Quercetin: 0.04mg, Quercetin: 0.04mg, Quercetin: 0.04mg, Quercetin: 0.04mg

### Nutrients (% of daily need)

Calories: 201.6kcal (10.08%), Fat: 15.58g (23.97%), Saturated Fat: 4.99g (31.16%), Carbohydrates: 2.3g (0.77%), Net Carbohydrates: 1.67g (0.61%), Sugar: 1.15g (1.28%), Cholesterol: 62.65mg (20.88%), Sodium: 310.53mg (13.5%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 12.24g (24.47%), Vitamin B3: 3.75mg (18.77%), Vitamin K: 15.71µg (14.96%), Selenium: 9.63µg (13.76%), Vitamin B6: 0.22mg (11.19%), Phosphorus: 90.95mg (9.1%), Zinc: 0.85mg (5.69%), Vitamin B5: 0.51mg (5.15%), Potassium: 176.96mg (5.06%), Iron: 0.73mg (4.06%), Vitamin C: 2.98mg (3.62%), Magnesium: 14.36mg (3.59%), Vitamin B2: 0.06mg (3.54%), Vitamin B12: 0.2µg (3.27%), Vitamin E: 0.45mg (3.01%), Fiber: 0.63g (2.54%), Manganese: 0.05mg (2.43%), Vitamin A: 116.23IU (2.32%), Vitamin B1: 0.03mg (2.1%), Folate: 7.74µg (1.93%), Copper: 0.04mg (1.91%), Calcium: 17.19mg (1.72%)