



Crispy Baked Chicken Wings

 Gluten Free

READY IN



70 min.

SERVINGS



60

CALORIES



56 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 0.3 teaspoon pepper black freshly ground
- ☐ 0.5 teaspoon pepper black freshly ground
- ☐ 0.3 teaspoon cayenne pepper
- ☐ 5 pounds chicken wings separated
- ☐ 3 large garlic cloves crushed
- ☐ 0.3 cup honey
- ☐ 0.3 teaspoon kosher salt
- ☐ 1 tablespoon kosher salt

- ☐ 0.3 cup pepper sauce hot (such as Frank's)
- ☐ 2 tablespoons soya sauce
- ☐ 1 tablespoon butter unsalted melted
- ☐ 2 tablespoons vegetable oil

Equipment

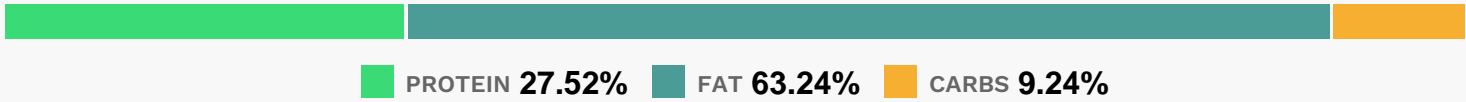
- ☐ bowl
- ☐ baking sheet
- ☐ sauce pan
- ☐ oven
- ☐ whisk
- ☐ wire rack

Directions

- ☐ Mix first 4 ingredients in a medium bowl; let stand for 5 minutes.
- ☐ Whisk in hot sauce; keep warm. DO AHEAD: Can be made 1 week ahead.
- ☐ Let cool completely; cover and chill. Rewarm before using.
- ☐ Bring all ingredients and 1/4 cup water to a boil in a small saucepan, stirring to dissolve honey. Reduce heat to low; simmer, stirring occasionally, until reduced to 1/4 cup, 7–8 minutes. Strain into a medium bowl.
- ☐ Let sit for 15 minutes to thicken slightly. DO AHEAD: Can be made 5 days ahead. Cover; chill. Rewarm before using.
- ☐ Preheat oven to 400°F. Set a wire rack inside each of 2 large rimmed baking sheets.
- ☐ Place all ingredients in a large bowl; toss to coat. Divide wings between prepared racks and spread out in a single layer.
- ☐ Bake wings until cooked through and skin is crispy, 45–50 minutes.
- ☐ Line another rimmed baking sheet with foil; top with a wire rack.
- ☐ Add half of wings to ginger-soy glaze and toss to evenly coat.
- ☐ Place wings in a single layer on prepared rack and bake until glaze is glossy and lightly caramelized, 8–10 minutes.

- ☐ Toss remaining half of wings in Buffalosauce.
- ☐ Serve immediately (no need to bake).

Nutrition Facts



Properties

Glycemic Index:3.22, Glycemic Load:0.63, Inflammation Score:-1, Nutrition Score:1.4326086808806%

Nutrients (% of daily need)

Calories: 56.07kcal (2.8%), Fat: 3.91g (6.01%), Saturated Fat: 1.1g (6.9%), Carbohydrates: 1.29g (0.43%), Net Carbohydrates: 1.26g (0.46%), Sugar: 1.19g (1.32%), Cholesterol: 16.22mg (5.41%), Sodium: 200.93mg (8.74%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.83g (7.66%), Vitamin B3: 1.24mg (6.2%), Selenium: 3.21µg (4.58%), Vitamin B6: 0.08mg (3.83%), Phosphorus: 28.24mg (2.82%), Zinc: 0.28mg (1.87%), Vitamin B5: 0.16mg (1.62%), Iron: 0.23mg (1.25%), Vitamin B2: 0.02mg (1.21%), Vitamin C: 0.95mg (1.15%), Vitamin B12: 0.07µg (1.1%), Potassium: 36.47mg (1.04%), Magnesium: 4.09mg (1.02%)