



## Crispy Soy-Glazed Sticky Chicken Wings

 Dairy Free

READY IN



70 min.

SERVINGS



12

CALORIES



173 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

### Ingredients

- 1 tablespoon vegetable oil
- 0.5 teaspoon kosher salt (coarse)
- 0.3 teaspoon cracked wheat
- 3 lb chicken drumettes
- 0.3 cup honey
- 0.3 cup soya sauce
- 2 tablespoons rice vinegar
- 1 chipotles in adobo canned finely chopped

- 3 cloves garlic finely chopped

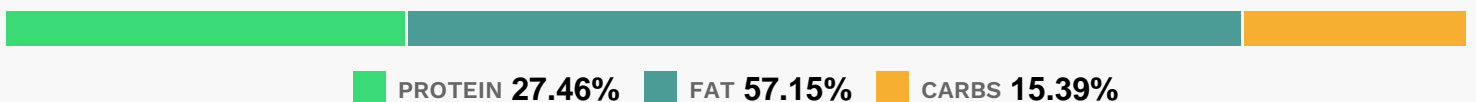
## Equipment

- bowl
- baking sheet
- sauce pan
- oven
- aluminum foil
- ziploc bags

## Directions

- Heat oven to 425°F. Line 2 cookie sheet with sides with heavy-duty foil; spray with cooking spray.
- In 1-gallon resealable food-storage plastic bag, mix oil, salt, pepper and chicken. Seal bag; shake to coat.
- Place chickens on cookie sheets.
- Bake uncovered 30 minutes; turn chicken; rotate cookie sheets in oven.
- Bake 20 to 30 minutes longer or until golden brown and juice of chicken is clear when thickest part is cut to bone (at least 165°F).
- Meanwhile, in 1-quart saucepan, mix Sweet and Savory Sauce ingredients; heat to simmering over medium heat, stirring frequently, until thickened and syrupy, about 5 minutes.
- Remove from heat; set aside.
- In large bowl, toss chicken with sauce; return to cookie sheets.
- Bake 5 minutes longer.
- Serve warm.

## Nutrition Facts



## Properties

Glycemic Index:12.27, Glycemic Load:3.14, Inflammation Score:-1, Nutrition Score:4.295652149812%

## Flavonoids

Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

## Nutrients (% of daily need)

Calories: 173.12kcal (8.66%), Fat: 10.93g (16.81%), Saturated Fat: 2.92g (18.23%), Carbohydrates: 6.62g (2.21%), Net Carbohydrates: 6.41g (2.33%), Sugar: 5.97g (6.64%), Cholesterol: 47.15mg (15.72%), Sodium: 412.06mg (17.92%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 11.81g (23.63%), Vitamin B3: 3.83mg (19.17%), Selenium: 9.71µg (13.87%), Vitamin B6: 0.23mg (11.75%), Phosphorus: 89mg (8.9%), Zinc: 0.86mg (5.73%), Vitamin B5: 0.5mg (4.97%), Iron: 0.77mg (4.3%), Vitamin B2: 0.06mg (3.81%), Magnesium: 13.31mg (3.33%), Vitamin B12: 0.2µg (3.27%), Potassium: 112.94mg (3.23%), Manganese: 0.05mg (2.75%), Vitamin B1: 0.03mg (2.25%), Vitamin K: 2.1µg (2%), Vitamin E: 0.28mg (1.85%), Copper: 0.04mg (1.83%), Vitamin A: 90.15IU (1.8%), Calcium: 10.32mg (1.03%)