



Denis Leary's Zesty Baked Chicken Wings

READY IN



45 min.

SERVINGS



8

CALORIES



392 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.3 teaspoon pepper black
- ☐ 1 Dash cayenne pepper
- ☐ 16 chicken wings with tip removed halved
- ☐ 1 tablespoon dijon mustard
- ☐ 1.5 cups breadcrumbs whole-wheat dry
- ☐ 1 cup yogurt fat-free
- ☐ 0.5 teaspoon parsley fresh chopped
- ☐ 6 tablespoons parsley fresh chopped
- ☐ 1 teaspoon garlic finely minced

- ☐ 0.5 teaspoon juice of lemon
- ☐ 1 tablespoon juice of lemon
- ☐ 0.3 teaspoon lemon zest
- ☐ 0.5 teaspoon lemon zest
- ☐ 3 tablespoons olive oil
- ☐ 1 cup parmesan fresh grated
- ☐ 0.5 teaspoon pepper
- ☐ 0.3 teaspoon salt
- ☐ 0.5 teaspoon salt
- ☐ 0.1 teaspoon worcestershire

Equipment

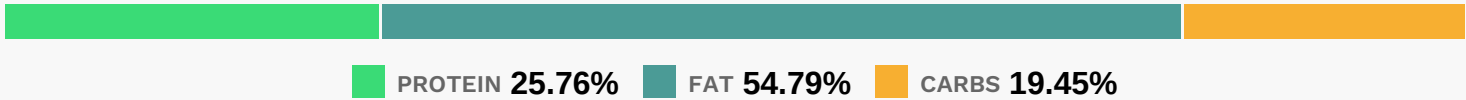
- ☐ bowl
- ☐ frying pan
- ☐ oven
- ☐ whisk
- ☐ baking pan
- ☐ aluminum foil
- ☐ ziploc bags

Directions

- ☐ Combine first 8 ingredients (through lemon zest) in a large bowl, and whisk until combined.
- ☐ Pour over wings, transfer to a zip-top plastic bag, and marinate in the refrigerator for 14 hours.
- ☐ Preheat oven to 42
- ☐ Line a baking pan with foil. Spray foil with cooking spray; set aside.
- ☐ Mix together Parmesan, parsley, and breadcrumbs in a shallow dish. Coat wings in breadcrumb mixture.
- ☐ Place on prepared pan.
- ☐ Bake on lowest oven rack for 20 minutes, then turn and cook for 10 more minutes.

- ☐ While wings are baking, combine dip ingredients in a small bowl.
- ☐ Serve the wings with the dip.

Nutrition Facts



Properties

Glycemic Index:31.13, Glycemic Load:0.2, Inflammation Score:-5, Nutrition Score:13.352173763773%

Flavonoids

Eriodictyol: 0.11mg, Eriodictyol: 0.11mg, Eriodictyol: 0.11mg, Eriodictyol: 0.11mg Hesperetin: 0.32mg, Hesperetin: 0.32mg, Hesperetin: 0.32mg, Hesperetin: 0.32mg Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg Apigenin: 6.48mg, Apigenin: 6.48mg, Apigenin: 6.48mg, Apigenin: 6.48mg Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg Myricetin: 0.45mg, Myricetin: 0.45mg, Myricetin: 0.45mg, Myricetin: 0.45mg Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg

Nutrients (% of daily need)

Calories: 391.65kcal (19.58%), Fat: 24.66g (37.94%), Saturated Fat: 7.13g (44.57%), Carbohydrates: 19.69g (6.56%), Net Carbohydrates: 17.4g (6.33%), Sugar: 3.26g (3.62%), Cholesterol: 83.12mg (27.71%), Sodium: 643.78mg (27.99%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 26.09g (52.18%), Vitamin K: 53.09µg (50.56%), Vitamin B3: 5.83mg (29.14%), Selenium: 19.52µg (27.89%), Phosphorus: 266.64mg (26.66%), Calcium: 228.01mg (22.8%), Vitamin B6: 0.37mg (18.74%), Iron: 2.74mg (15.23%), Zinc: 1.97mg (13.15%), Vitamin C: 10.23mg (12.4%), Vitamin B2: 0.2mg (11.96%), Vitamin B12: 0.64µg (10.74%), Vitamin B5: 1.02mg (10.15%), Vitamin A: 502.2IU (10.04%), Fiber: 2.29g (9.15%), Magnesium: 31.63mg (7.91%), Potassium: 266.66mg (7.62%), Vitamin E: 1.11mg (7.41%), Vitamin B1: 0.07mg (4.9%), Folate: 13.62µg (3.41%), Manganese: 0.07mg (3.26%), Copper: 0.06mg (2.92%), Vitamin D: 0.16µg (1.06%)