



## Dijon Chicken Wings

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

READY IN



60 min.

SERVINGS



8

CALORIES



488 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- 4 pounds chicken wings split
- 0.8 cup dijon mustard
- 0.5 teaspoon garlic finely grated
- 0.5 cup honey
- 8 servings kosher salt and pepper freshly ground
- 3 tablespoons ground mustard
- 8 servings vegetable oil for brushing

### Equipment

bowl

oven

## Directions

Position racks in the upper and lower thirds of the oven; preheat to 450 degrees F.

Brush 2 large baking dishes with vegetable oil. Pat the wings dry; sprinkle with 2 teaspoons salt and 1/2 teaspoon pepper.

Spread in the dishes and bake, rotating halfway through, until golden, 40 to 45 minutes.

Meanwhile, mix the dijon mustard, honey, mustard powder and garlic in a bowl.

Remove the wings from the oven and toss with the mustard mixture, then continue baking until glazed, 3 to 5 more minutes.

Photograph by Con Poulos

## Nutrition Facts

 **PROTEIN 19.66%**  **FAT 64.51%**  **CARBS 15.83%**

## Properties

Glycemic Index:14.28, Glycemic Load:9.2, Inflammation Score:-3, Nutrition Score:11.887391295122%

## Nutrients (% of daily need)

Calories: 487.91kcal (24.4%), Fat: 35.3g (54.31%), Saturated Fat: 7.73g (48.33%), Carbohydrates: 19.5g (6.5%), Net Carbohydrates: 18.12g (6.59%), Sugar: 17.91g (19.9%), Cholesterol: 94.3mg (31.43%), Sodium: 541.19mg (23.53%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 24.2g (48.4%), Selenium: 32.58µg (46.54%), Vitamin B3: 7.54mg (37.7%), Vitamin K: 26.24µg (24.99%), Vitamin B6: 0.46mg (23.13%), Phosphorus: 209.74mg (20.97%), Zinc: 1.99mg (13.25%), Vitamin E: 1.73mg (11.52%), Magnesium: 43.44mg (10.86%), Vitamin B5: 1.04mg (10.45%), Iron: 1.87mg (10.41%), Manganese: 0.2mg (10.21%), Vitamin B1: 0.12mg (8.29%), Vitamin B2: 0.14mg (8.13%), Potassium: 257.25mg (7.35%), Vitamin B12: 0.39µg (6.53%), Fiber: 1.37g (5.48%), Copper: 0.09mg (4.64%), Vitamin A: 197.44IU (3.95%), Calcium: 38.12mg (3.81%), Folate: 11.21µg (2.8%), Vitamin C: 1.3mg (1.58%)