



Easy Slow Cooker Chicken Wings



Gluten Free



Dairy Free

READY IN



305 min.

SERVINGS



8

CALORIES



413 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 5.5 pounds chicken wings split
- ☐ 2.5 teaspoons chili powder
- ☐ 1 teaspoon garlic powder
- ☐ 0.3 cup juice of lemon fresh
- ☐ 0.3 cup blackstrap molasses
- ☐ 3 drops pepper sauce hot
- ☐ 1 tablespoon salsa
- ☐ 2 teaspoons salt

☐ 2 tablespoons worcestershire sauce

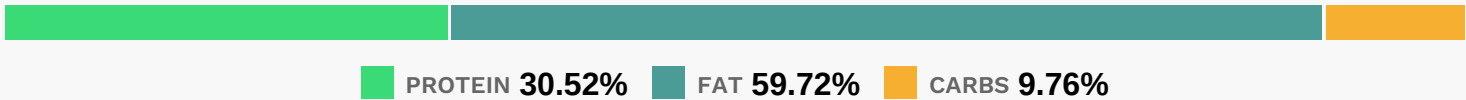
Equipment

- ☐ bowl
- ☐ slow cooker

Directions

- ☐ Place chicken in slow cooker. In a medium bowl combine the chile sauce, lemon juice, molasses, Worcestershire sauce, hot pepper sauce, salsa, chili powder, garlic powder and salt.
- ☐ Mix together and pour mixture over chicken.
- ☐ Cook in slow cooker on Medium Low setting for 5 hours.

Nutrition Facts



Properties

Glycemic Index:6.13, Glycemic Load:3.47, Inflammation Score:-5, Nutrition Score:12.763478346493%

Flavonoids

Eriodictyol: 0.37mg, Eriodictyol: 0.37mg, Eriodictyol: 0.37mg, Eriodictyol: 0.37mg Hesperetin: 1.1mg, Hesperetin: 1.1mg, Hesperetin: 1.1mg, Hesperetin: 1.1mg Naringenin: 0.11mg, Naringenin: 0.11mg, Naringenin: 0.11mg, Naringenin: 0.11mg Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg

Nutrients (% of daily need)

Calories: 412.96kcal (20.65%), Fat: 27.02g (41.57%), Saturated Fat: 7.57g (47.29%), Carbohydrates: 9.93g (3.31%), Net Carbohydrates: 9.62g (3.5%), Sugar: 8.62g (9.58%), Cholesterol: 129.67mg (43.22%), Sodium: 797.03mg (34.65%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 31.07g (62.14%), Vitamin B3: 10.21mg (51.06%), Selenium: 28.24µg (40.34%), Vitamin B6: 0.69mg (34.34%), Phosphorus: 232.82mg (23.28%), Zinc: 2.33mg (15.51%), Magnesium: 58.36mg (14.59%), Vitamin B5: 1.4mg (13.97%), Potassium: 480.79mg (13.74%), Iron: 2.47mg (13.74%), Manganese: 0.21mg (10.53%), Vitamin B2: 0.16mg (9.55%), Vitamin B12: 0.54µg (8.98%), Vitamin A: 446.88IU (8.94%), Copper: 0.14mg (7.01%), Vitamin B1: 0.09mg (6.27%), Vitamin C: 5.01mg (6.07%), Vitamin E: 0.79mg (5.24%), Calcium: 50.11mg (5.01%), Folate: 9.05µg (2.26%), Fiber: 0.31g (1.25%), Vitamin D: 0.17µg (1.12%)