



Fajita Chicken Wings

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

READY IN



300 min.

SERVINGS



24

CALORIES



65 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 12 chicken wings
- 0.3 cup juice of lime
- 2 tablespoons vegetable oil
- 3 tablespoons cilantro leaves fresh chopped
- 1 teaspoon ground cumin
- 0.5 teaspoon salt
- 0.5 teaspoon oregano dried
- 0.3 teaspoon pepper red crushed

1 clove garlic finely chopped

Equipment

oven

ziploc bags

broiler pan

Directions

Cut each chicken wing in half; place in large resealable food-storage plastic bag.

Add marinade ingredients; seal bag. Turn bag to coat wings. Refrigerate at least 4 hours but no longer than 24 hours, turning bag occasionally.

Heat oven to 375°F.

Drain chicken wings, reserving marinade.

Place chicken on broiler pan.

Bake 45 to 60 minutes or until juice of chicken is clear when thickest part is cut to bone (180°F), brushing occasionally with reserved marinade. Discard any remaining marinade.

Serve warm.

Nutrition Facts



PROTEIN 27.75% **FAT 70.18%** **CARBS 2.07%**

Properties

Glycemic Index:3, Glycemic Load:0.01, Inflammation Score:-1, Nutrition Score:1.7513043569482%

Flavonoids

Eriodictyol: 0.06mg, Eriodictyol: 0.06mg, Eriodictyol: 0.06mg, Eriodictyol: 0.06mg Hesperetin: 0.23mg, Hesperetin: 0.23mg, Hesperetin: 0.23mg, Hesperetin: 0.23mg Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg Quercetin: 0.04mg, Quercetin: 0.04mg, Quercetin: 0.04mg, Quercetin: 0.04mg

Nutrients (% of daily need)

Calories: 64.67kcal (3.23%), Fat: 5g (7.69%), Saturated Fat: 1.25g (7.83%), Carbohydrates: 0.33g (0.11%), Net Carbohydrates: 0.28g (0.1%), Sugar: 0.05g (0.05%), Cholesterol: 18.5mg (6.17%), Sodium: 66.58mg (2.89%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 4.45g (8.89%), Vitamin B3: 1.44mg (7.19%), Selenium: 3.76µg

(5.37%), Vitamin B6: 0.09mg (4.4%), Phosphorus: 32.83mg (3.28%), Vitamin K: 2.54µg (2.42%), Zinc: 0.33mg (2.2%), Vitamin B5: 0.19mg (1.89%), Iron: 0.31mg (1.71%), Vitamin B2: 0.02mg (1.32%), Vitamin B12: 0.08µg (1.28%), Vitamin E: 0.19mg (1.27%), Magnesium: 5.02mg (1.26%), Potassium: 43.63mg (1.25%), Vitamin C: 0.98mg (1.19%)