



Fajita Chicken Wings

 Gluten Free  Dairy Free

READY IN



300 min.

SERVINGS



24

CALORIES



65 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

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

2 tablespoons vegetable oil

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 375F.

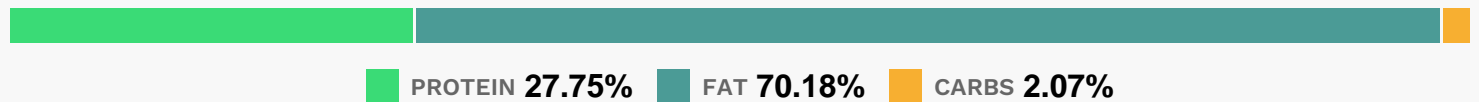
Drain chicken wings, reserving marinade.

Place chicken on broiler pan.

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

Serve warm.

Nutrition Facts



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%)