



## Fiery Wings

 Gluten Free

READY IN



70 min.

SERVINGS



10

CALORIES



193 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

## Ingredients

- 3 lb chicken wings split
- 0.3 cup plus light
- 0.5 tsp garlic salt
- 0.3 cup miracle whip dressing
- 1 Tbsp pepper sauce hot

## Equipment

- frying pan
- oven

## Directions

- Heat oven to 400F.
- Mix first 3 ingredients until blended.
- Place wings in single layer on rack in shallow pan; sprinkle with garlic salt.
- Bake 50 min. to 1 hour or until wings are done, brushing frequently with dressing mixture after 40 min.

## Nutrition Facts



## Properties

Glycemic Index:1.9, Glycemic Load:1.24, Inflammation Score:-1, Nutrition Score:4.5717391954006%

## Nutrients (% of daily need)

Calories: 192.75kcal (9.64%), Fat: 11.93g (18.35%), Saturated Fat: 3.33g (20.82%), Carbohydrates: 7.56g (2.52%), Net Carbohydrates: 7.43g (2.7%), Sugar: 7.22g (8.02%), Cholesterol: 57.15mg (19.05%), Sodium: 259.8mg (11.3%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 13.49g (26.98%), Vitamin B3: 4.36mg (21.79%), Selenium: 11.45µg (16.36%), Vitamin B6: 0.26mg (12.96%), Phosphorus: 97.46mg (9.75%), Zinc: 1.02mg (6.78%), Vitamin B5: 0.56mg (5.64%), Iron: 0.71mg (3.96%), Vitamin B12: 0.24µg (3.92%), Vitamin B2: 0.07mg (3.87%), Potassium: 119.74mg (3.42%), Magnesium: 13.38mg (3.35%), Vitamin B1: 0.04mg (2.72%), Vitamin A: 114.52IU (2.29%), Vitamin C: 1.49mg (1.8%), Copper: 0.03mg (1.53%), Vitamin E: 0.22mg (1.48%), Calcium: 10.48mg (1.05%)