

# Fiesta Chicken Wings



Gluten Free



Dairy Free



Low Fod Map

READY IN



90 min.

SERVINGS



9

CALORIES



111 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

## Ingredients

- 1.5 lb chicken wings split
- 0.5 cup a.1. original sauce
- 0.5 cup taco bellâ® & chunky salsa thick

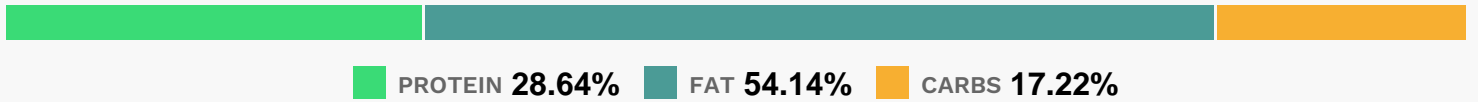
## Equipment

- oven

## Directions

- Mix steak sauce and salsa until blended.
- Remove 1/2 cup; reserve for later use.
- Pour remaining sauce mixture over wings in shallow dish; turn to evenly coat wings. Refrigerate 1 hour to marinate.
- Remove wings from marinade; discard marinade.
- Heat oven broil. Broil wings 12 to 15 min. or until done, turning occasionally.
- Serve with reserved sauce.

## Nutrition Facts



### Properties

Glycemic Index:0, Glycemic Load:0, Inflammation Score:-1, Nutrition Score:2.9856521448363%

### Nutrients (% of daily need)

Calories: 110.85kcal (5.54%), Fat: 6.56g (10.09%), Saturated Fat: 1.83g (11.45%), Carbohydrates: 4.69g (1.56%), Net Carbohydrates: 4.43g (1.61%), Sugar: 3.59g (3.99%), Cholesterol: 31.43mg (10.48%), Sodium: 282.28mg (12.27%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 7.81g (15.62%), Vitamin B3: 2.58mg (12.9%), Selenium: 6.46µg (9.23%), Vitamin B6: 0.17mg (8.42%), Phosphorus: 58.51mg (5.85%), Zinc: 0.57mg (3.81%), Vitamin B5: 0.34mg (3.42%), Potassium: 100.95mg (2.88%), Vitamin A: 129.34IU (2.59%), Iron: 0.45mg (2.49%), Vitamin B2: 0.04mg (2.39%), Magnesium: 9.51mg (2.38%), Vitamin B12: 0.13µg (2.18%), Vitamin E: 0.3mg (1.99%), Vitamin B1: 0.02mg (1.64%), Copper: 0.03mg (1.31%), Manganese: 0.02mg (1.18%), Fiber: 0.26g (1.04%)