



 **14%**
HEALTH SCORE

Game Day Jerk Wings

 **Gluten Free**

READY IN



45 min.

SERVINGS



10

CALORIES



721 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 60 jumbo chicken wings split with wing tips removed
- 0.3 cup pasilla chile powder
- 0.3 cup kosher salt
- 1 tablespoon pepper black
- 2 tablespoons ground pepper
- 2 tablespoons ground allspice
- 1 bottle sauce (available at most supermarkets)
- 3 tablespoons butter unsalted

- 3 tablespoons honey
- 5 dashes all the tabasco sauce you handle hot (depending how you like it!)
- 1 tablespoon pepper red
- 1 sticks celery stalks
- 10 servings cheese dressing blue

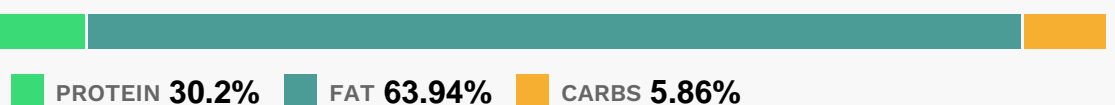
Equipment

- bowl
- sauce pan
- grill
- tongs

Directions

- Split wings apart into 2 sections and slash a slit in the flat part of the wing for quicker cooking.
- Combine chile powder, salt, black pepper, cayenne, and allspice in a bowl and sprinkle liberally over the wings (you don't need to use all of it). Refrigerate for at least 1 hour.
- Combine Pickapeppa sauce, butter, honey, Tabasco, and pepper flakes in a medium saucepan over low heat until it is well incorporated.
- Let wings come to room temperature.
- Prepare grill for medium high direct heat. Grill dry rubbed wings for 20-25 mins, constantly turning the wings with tongs to maintain good grill marks without over-charing the wings. Take the biggest wing after 20 mins and take a bite out of it, and if the juices run clear, they are done.
- Place wings in a large bowl and toss with the jerk sauce.
- Serve with blue cheese dressing and carrots.

Nutrition Facts



Properties

Glycemic Index:16.33, Glycemic Load:2.97, Inflammation Score:-9, Nutrition Score:23.94347826087%

Taste

Sweetness: 12.41%, Saltiness: 100%, Sourness: 12.86%, Bitterness: 15.9%, Savoriness: 67.33%, Fattiness: 56.21%, Spiciness: 100%

Nutrients (% of daily need)

Calories: 721.06kcal (36.05%), Fat: 50.88g (78.27%), Saturated Fat: 15.19g (94.96%), Carbohydrates: 10.49g (3.5%), Net Carbohydrates: 7.93g (2.88%), Sugar: 5.39g (5.99%), Cholesterol: 231.08mg (77.03%), Sodium: 3072.27mg (133.58%), Protein: 54.06g (108.12%), Vitamin B3: 17.74mg (88.72%), Vitamin A: 3307.57IU (66.15%), Vitamin B6: 1.31mg (65.34%), Selenium: 45.31µg (64.73%), Phosphorus: 406.18mg (40.62%), Vitamin B2: 0.47mg (27.43%), Zinc: 4.02mg (26.83%), Vitamin B5: 2.33mg (23.28%), Iron: 3.74mg (20.76%), Potassium: 642.76mg (18.36%), Magnesium: 65.32mg (16.33%), Vitamin B12: 0.93µg (15.54%), Manganese: 0.3mg (15.17%), Vitamin E: 1.58mg (10.5%), Vitamin B1: 0.16mg (10.41%), Fiber: 2.56g (10.24%), Copper: 0.17mg (8.74%), Folate: 23.73µg (5.93%), Calcium: 59.12mg (5.91%), Vitamin C: 3.71mg (4.5%), Vitamin K: 3.01µg (2.87%), Vitamin D: 0.35µg (2.34%)