



Garlic Parmesan Wings

READY IN



60 min.

SERVINGS



1

CALORIES



1504 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 2 lb chicken wings split
- 0.3 cup grey poupon dijon mustard
- 0.5 tsp garlic powder
- 0.1 tsp coarse ground pepper black
- 1 tsp oregano leaves dried
- 0.5 tsp paprika
- 0.3 cup parmesan cheese shredded kraft
- 0.8 cup ritz crackers crushed finely

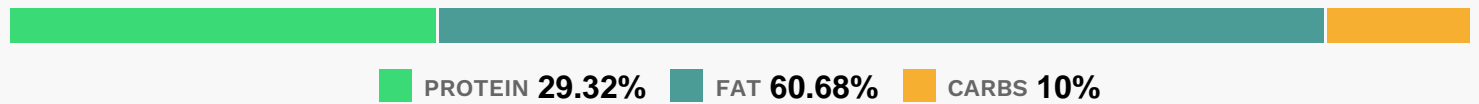
Equipment

- baking sheet
- oven

Directions

- Heat oven to 350F.
- Mix cracker crumbs, Parmesan and seasonings in shallow dish.
- Coat chicken with mustard, then roll in crumb mixture until evenly coated.
- Place on baking sheet sprayed with cooking spray.
- Bake 35 to 40 min. or until golden brown, turning after 20 min.

Nutrition Facts



Properties

Glycemic Index:116, Glycemic Load:0.69, Inflammation Score:-9, Nutrition Score:43.42565202713%

Nutrients (% of daily need)

Calories: 1504kcal (75.2%), Fat: 100.34g (154.37%), Saturated Fat: 30.14g (188.36%), Carbohydrates: 37.2g (12.4%), Net Carbohydrates: 31.23g (11.36%), Sugar: 5.34g (5.93%), Cholesterol: 399.87mg (133.29%), Sodium: 2203.72mg (95.81%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 109.1g (218.2%), Selenium: 114.26µg (163.23%), Vitamin B3: 32mg (159.98%), Phosphorus: 1103.55mg (110.36%), Vitamin B6: 1.9mg (94.95%), Calcium: 608.75mg (60.88%), Zinc: 8.39mg (55.9%), Iron: 9.28mg (51.53%), Vitamin B5: 4.38mg (43.79%), Vitamin B2: 0.74mg (43.65%), Manganese: 0.84mg (41.96%), Vitamin B1: 0.62mg (41.19%), Magnesium: 159.76mg (39.94%), Vitamin K: 36.84µg (35.09%), Vitamin B12: 1.97µg (32.79%), Vitamin A: 1637.79IU (32.76%), Potassium: 1043.64mg (29.82%), Vitamin E: 4.08mg (27.2%), Fiber: 5.97g (23.89%), Copper: 0.36mg (18%), Folate: 65.74µg (16.43%), Vitamin C: 3.83mg (4.64%), Vitamin D: 0.66µg (4.38%)