



Gina's Honey Mustard Kiss Wings

 **Gluten Free**

READY IN

ready

65 min.

SERVINGS

servings

6

CALORIES

calories

400 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.3 cup neely's barbecue sauce
- ☐ 3 tablespoons butter
- ☐ 3 pounds chicken wing drumettes dry with paper towels
- ☐ 0.3 cup dijon mustard
- ☐ 2 tablespoons dijon mustard
- ☐ 4 green onions thinly sliced for garnish
- ☐ 0.3 cup honey
- ☐ 0.3 cup hot sauce

☐ 1 tablespoon orange zest finely grated

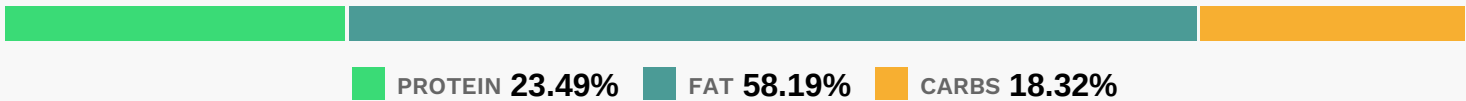
Equipment

- ☐ bowl
- ☐ sauce pan
- ☐ whisk
- ☐ plastic wrap
- ☐ grill

Directions

- ☐ Watch how to make this recipe.
- ☐ Mix the barbecue sauce, orange zest, hot sauce, honey, and Dijon together in a large bowl.
- ☐ Add the chicken wings and toss to combine. Cover with plastic wrap and let marinate for at least 30 minutes and up to overnight in the refrigerator.
- ☐ Prepare the grill to medium direct heat.
- ☐ Drain the wings from the marinade and pat dry. Grill until crisp and golden, about 8 minutes per side.
- ☐ While the wings are grilling, melt the butter in a small saucepan on the grill.
- ☐ Whisk in the honey and mustard.
- ☐ Brush the glaze on the wings and allow to cook for another 2 minutes.
- ☐ Serve the wings mounded up on a platter sprinkled with green onions.

Nutrition Facts



Properties

Glycemic Index:33.05, Glycemic Load:6.24, Inflammation Score:-4, Nutrition Score:11.080869656542%

Flavonoids

Kaempferol: 0.11mg, Kaempferol: 0.11mg, Kaempferol: 0.11mg, Kaempferol: 0.11mg Quercetin: 0.85mg, Quercetin: 0.85mg, Quercetin: 0.85mg, Quercetin: 0.85mg

Nutrients (% of daily need)

Calories: 399.52kcal (19.98%), Fat: 25.88g (39.82%), Saturated Fat: 9.14g (57.1%), Carbohydrates: 18.33g (6.11%), Net Carbohydrates: 17.19g (6.25%), Sugar: 16.09g (17.88%), Cholesterol: 109.35mg (36.45%), Sodium: 692.45mg (30.11%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 23.51g (47.03%), Vitamin B3: 7.51mg (37.56%), Selenium: 24.61µg (35.15%), Vitamin B6: 0.47mg (23.71%), Phosphorus: 187.16mg (18.72%), Vitamin K: 17.74µg (16.89%), Vitamin C: 11.4mg (13.82%), Zinc: 1.83mg (12.2%), Vitamin B5: 1.04mg (10.43%), Vitamin A: 492.73IU (9.85%), Iron: 1.72mg (9.55%), Vitamin B2: 0.15mg (8.7%), Magnesium: 33.72mg (8.43%), Potassium: 289.39mg (8.27%), Vitamin B12: 0.4µg (6.73%), Vitamin B1: 0.1mg (6.68%), Manganese: 0.13mg (6.51%), Vitamin E: 0.74mg (4.92%), Fiber: 1.14g (4.56%), Copper: 0.09mg (4.28%), Calcium: 39.01mg (3.9%), Folate: 12.73µg (3.18%)