

Ginger Orange Glazed Chicken Wings



Gluten Free



Dairy Free

READY IN



545 min.

SERVINGS



4

CALORIES



454 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 2 pounds chicken wings
- ☐ 3 tablespoons ginger fresh minced peeled
- ☐ 3 cloves garlic fresh minced
- ☐ 3 medium green onions thinly sliced
- ☐ 0.3 cup hoisin sauce
- ☐ 3 tablespoons juice of lemon fresh
- ☐ 0.5 cup orange juice concentrate frozen undiluted thawed
- ☐ 0.3 cup sugar

☐ 1 tablespoon vegetable oil

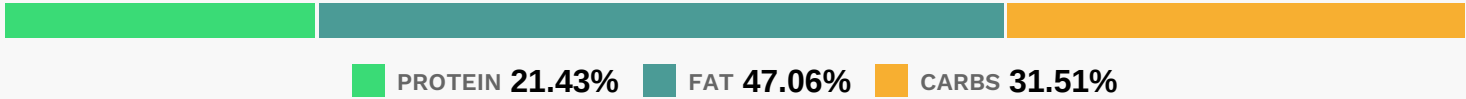
Equipment

- ☐ baking sheet
- ☐ oven
- ☐ aluminum foil

Directions

- ☐ In a large, resealable bag, mix the orange juice concentrate, lemon juice, hoisin sauce, vegetable oil, sugar, ginger, and fresh garlic.
- ☐ Add chicken wings, seal, and shake to coat evenly. Refrigerate overnight.
- ☐ Preheat oven to 400 degrees F (200 degrees C). Line a large baking sheet with aluminum foil.
- ☐ Spread wings on foil with marinade, and bake for 45 minutes, until brown and shiny.
- ☐ Transfer to serving platter, and garnish with green onions.

Nutrition Facts



Properties

Glycemic Index:36.77, Glycemic Load:9.23, Inflammation Score:-6, Nutrition Score:15.660434590734%

Flavonoids

Eriodictyol: 0.55mg, Eriodictyol: 0.55mg, Eriodictyol: 0.55mg, Eriodictyol: 0.55mg Hesperetin: 1.63mg, Hesperetin: 1.63mg, Hesperetin: 1.63mg, Hesperetin: 1.63mg Naringenin: 0.16mg, Naringenin: 0.16mg, Naringenin: 0.16mg, Naringenin: 0.16mg Kaempferol: 0.16mg, Kaempferol: 0.16mg, Kaempferol: 0.16mg, Kaempferol: 0.16mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 1.28mg, Quercetin: 1.28mg, Quercetin: 1.28mg, Quercetin: 1.28mg

Nutrients (% of daily need)

Calories: 454.04kcal (22.7%), Fat: 23.77g (36.57%), Saturated Fat: 6.14g (38.4%), Carbohydrates: 35.81g (11.94%), Net Carbohydrates: 34.49g (12.54%), Sugar: 28.37g (31.52%), Cholesterol: 94.82mg (31.61%), Sodium: 373.43mg (16.24%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 24.35g (48.71%), Vitamin C: 59.83mg (72.53%), Vitamin B3: 7.97mg (39.85%), Vitamin B6: 0.58mg (29%), Selenium: 19.94µg (28.49%), Vitamin K: 29.81µg (28.39%), Phosphorus: 200.14mg (20.01%), Potassium: 508.5mg (14.53%), Vitamin B2: 0.22mg (13.21%), Zinc: 1.84mg (12.24%),

Vitamin B5: 1.2mg (11.96%), Folate: 46.28µg (11.57%), Vitamin B1: 0.17mg (11.45%), Magnesium: 44.34mg (11.08%), Iron: 1.71mg (9.48%), Vitamin A: 428.65IU (8.57%), Manganese: 0.15mg (7.61%), Vitamin E: 1mg (6.67%), Vitamin B12: 0.39µg (6.53%), Copper: 0.12mg (6.19%), Fiber: 1.31g (5.26%), Calcium: 47.5mg (4.75%)