



Glazed Chicken Wings

 Gluten Free  Dairy Free

READY IN



65 min.

SERVINGS



24

CALORIES



91 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 2.5 pounds chicken wings
- 0.5 cup barbecue sauce
- 0.5 cup honey
- 0.5 cup soya sauce

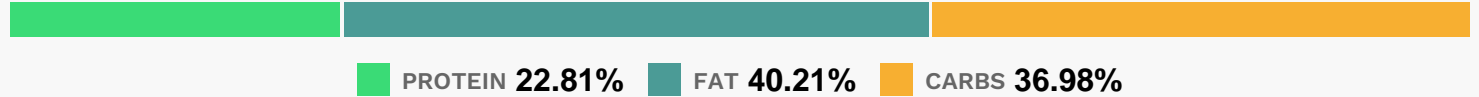
Equipment

- oven
- baking pan

Directions

- Cut chicken wings into 3 sections; discard wing tip section.
- Place in a greased 13x9-in. baking dish.
- Combine barbecue sauce, honey and soy sauce; pour over wings.
- Bake, uncovered, at 350° for 50–60 minutes or until chicken juices run clear.

Nutrition Facts



Properties

Glycemic Index:2.8, Glycemic Load:3.07, Inflammation Score:-1, Nutrition Score:2.0399999835569%

Nutrients (% of daily need)

Calories: 91.26kcal (4.56%), Fat: 4.12g (6.33%), Saturated Fat: 1.15g (7.16%), Carbohydrates: 8.52g (2.84%), Net Carbohydrates: 8.41g (3.06%), Sugar: 7.86g (8.73%), Cholesterol: 19.65mg (6.55%), Sodium: 350.27mg (15.23%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 5.25g (10.51%), Vitamin B3: 1.75mg (8.74%), Selenium: 4.13µg (5.9%), Vitamin B6: 0.11mg (5.26%), Phosphorus: 41.44mg (4.14%), Zinc: 0.39mg (2.57%), Iron: 0.43mg (2.36%), Vitamin B5: 0.23mg (2.28%), Vitamin B2: 0.04mg (2.11%), Manganese: 0.04mg (2.09%), Potassium: 67.55mg (1.93%), Magnesium: 7.44mg (1.86%), Vitamin B12: 0.08µg (1.36%), Copper: 0.02mg (1.19%), Vitamin B1: 0.02mg (1.1%), Vitamin A: 50.85IU (1.02%)