



## Glazed Honey-Garlic Chicken Wings

 Gluten Free  Dairy Free

READY IN



49 min.

SERVINGS



6

CALORIES



109 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

### Ingredients

- 1 teaspoon chili-garlic sauce
- 0.5 teaspoon curry powder
- 1 tablespoon fish sauce
- 1 tablespoon cilantro leaves fresh minced
- 1 tablespoon ginger fresh grated
- 4 garlic cloves minced
- 1 tablespoon honey
- 1 tablespoon soya sauce low-sodium

1 pound wings

## Equipment

bowl

baking sheet

whisk

grill

## Directions

Whisk together first 8 ingredients in a small bowl.

Place chicken in a large zip-top plastic storage bag.

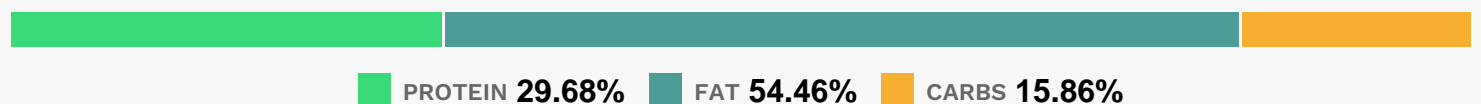
Pour honey-garlic marinade over chicken; seal bag, and toss gently to coat. Refrigerate at least 6 hours or overnight.

Preheat grill to medium-high heat (350 to 400).

Drain and discard marinade. Grill chicken, turning occasionally, 35 minutes or until golden brown on all sides.

Wings may be baked at 400 on a baking sheet in a single layer 30 to 40 minutes, turning once halfway through cooking time.

## Nutrition Facts



## Properties

Glycemic Index:22.38, Glycemic Load:1.72, Inflammation Score:-1, Nutrition Score:3.283478261336%

## Flavonoids

Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 0.07mg, Quercetin: 0.07mg, Quercetin: 0.07mg, Quercetin: 0.07mg

## Nutrients (% of daily need)

Calories: 109.27kcal (5.46%), Fat: 6.57g (10.11%), Saturated Fat: 1.84g (11.49%), Carbohydrates: 4.3g (1.43%), Net Carbohydrates: 4.12g (1.5%), Sugar: 3.19g (3.54%), Cholesterol: 31.43mg (10.48%), Sodium: 402.99mg (17.52%),

Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 8.06g (16.11%), Vitamin B3: 2.55mg (12.76%), Selenium: 6.96µg (9.95%), Vitamin B6: 0.19mg (9.43%), Phosphorus: 62.73mg (6.27%), Zinc: 0.61mg (4.08%), Magnesium: 15.95mg (3.99%), Manganese: 0.07mg (3.6%), Vitamin B5: 0.34mg (3.42%), Iron: 0.55mg (3.07%), Vitamin B2: 0.05mg (2.86%), Potassium: 99.31mg (2.84%), Vitamin B12: 0.14µg (2.42%), Vitamin B1: 0.03mg (1.72%), Copper: 0.03mg (1.55%), Vitamin A: 66.69IU (1.33%), Vitamin C: 1.04mg (1.26%), Folate: 4.89µg (1.22%), Vitamin E: 0.18mg (1.18%), Calcium: 11.85mg (1.18%)