



Glazed Wings

 **Gluten Free**  **Dairy Free**

READY IN



50 min.

SERVINGS



4

CALORIES



742 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 2 cups carrots
- 12 chicken wings
- 3 cups rice hot cooked
- 2 large pasilla peppers green chopped
- 0.3 cup a.1. original sauce
- 0.5 cup pancake syrup
- 20 oz pineapple chunks drained canned

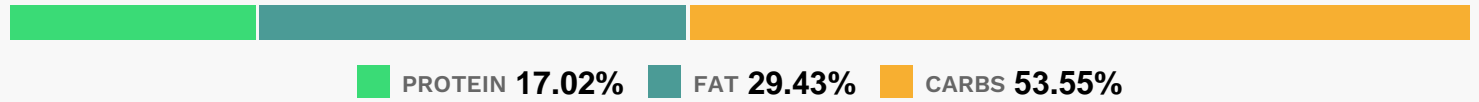
Equipment

- oven
- baking pan
- aluminum foil

Directions

- Preheat oven to 400F.
- Mix steak sauce and syrup; set aside.
- Place pineapple, carrots and peppers in foil-lined 15x10x1-inch baking pan. Top with chicken wings.
- Bake 30 minutes.
- Pour steak sauce mixture over chicken and vegetables. Continue baking 10 minutes. Spoon over rice.

Nutrition Facts



Properties

Glycemic Index:41.46, Glycemic Load:38.14, Inflammation Score:-10, Nutrition Score:27.889130154382%

Flavonoids

Luteolin: 3.93mg, Luteolin: 3.93mg, Luteolin: 3.93mg, Luteolin: 3.93mg Kaempferol: 0.2mg, Kaempferol: 0.2mg, Kaempferol: 0.2mg, Kaempferol: 0.2mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 1.95mg, Quercetin: 1.95mg, Quercetin: 1.95mg, Quercetin: 1.95mg

Nutrients (% of daily need)

Calories: 742.42kcal (37.12%), Fat: 24.46g (37.62%), Saturated Fat: 7.03g (43.92%), Carbohydrates: 100.13g (33.38%), Net Carbohydrates: 94.63g (34.41%), Sugar: 29.83g (33.14%), Cholesterol: 112.59mg (37.53%), Sodium: 429.65mg (18.68%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 31.82g (63.63%), Vitamin A: 11302.08IU (226.04%), Vitamin C: 84.04mg (101.86%), Vitamin B3: 10.45mg (52.26%), Vitamin B6: 0.99mg (49.66%), Selenium: 32.14µg (45.92%), Manganese: 0.81mg (40.53%), Phosphorus: 293.93mg (29.39%), Copper: 0.46mg (22.89%), Potassium: 791.64mg (22.62%), Vitamin B1: 0.33mg (22.05%), Fiber: 5.5g (22.01%), Magnesium: 78.1mg (19.53%), Zinc: 2.92mg (19.44%), Vitamin B5: 1.83mg (18.32%), Vitamin K: 15.51µg (14.77%), Iron: 2.51mg (13.94%), Vitamin B2: 0.24mg (13.86%), Folate: 36.77µg (9.19%), Vitamin E: 1.23mg (8.23%), Calcium: 81.94mg (8.19%), Vitamin B12: 0.46µg (7.69%)