



 1%
HEALTH SCORE

Grill Master Chicken Wings

 **Gluten Free**  **Low Fod Map**

READY IN



30 min.

SERVINGS



10

CALORIES



233 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 0.3 cup butter
- 3 pounds chicken wings
- 0.3 cup hot sauce hot to taste redhot® (such as Frank's)
- 0.5 cup salad dressing italian-style
- 1 teaspoon soya sauce

Equipment

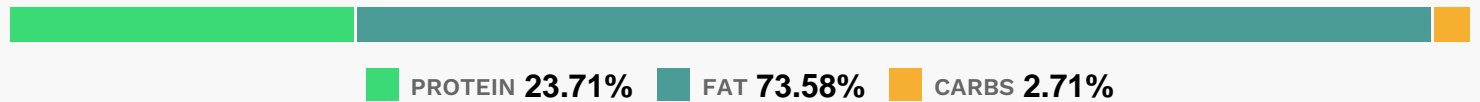
- bowl
- sauce pan

grill

Directions

- Combine 1/2 cup soy sauce, Italian dressing, and chicken wings in a large, zip-top bag. Close bag and refrigerate 4 hours to overnight.
- Preheat an outdoor grill for medium heat. In a small saucepan, melt the butter. Stir in the 1 teaspoon soy sauce and the hot pepper sauce. Turn off heat and reserve.
- Remove the chicken wings from the marinade and pat dry. Cook the wings on the preheated grill, turning occasionally, until the chicken is well browned and no longer pink, 25 to 30 minutes.
- Place grilled wings in a large bowl.
- Pour butter sauce over wings; toss to mix well.

Nutrition Facts



Properties

Glycemic Index:6.5, Glycemic Load:0.01, Inflammation Score:-2, Nutrition Score:5.4704348354236%

Nutrients (% of daily need)

Calories: 233.04kcal (11.65%), Fat: 18.84g (28.98%), Saturated Fat: 6.56g (40.99%), Carbohydrates: 1.56g (0.52%), Net Carbohydrates: 1.54g (0.56%), Sugar: 1.36g (1.51%), Cholesterol: 68.78mg (22.93%), Sodium: 398.91mg (17.34%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 13.66g (27.32%), Vitamin B3: 4.41mg (22.06%), Selenium: 11.69µg (16.69%), Vitamin B6: 0.28mg (13.77%), Phosphorus: 101.56mg (10.16%), Vitamin K: 7.12µg (6.78%), Zinc: 1mg (6.67%), Vitamin C: 5.05mg (6.12%), Vitamin B5: 0.58mg (5.78%), Vitamin A: 263.79IU (5.28%), Iron: 0.77mg (4.29%), Vitamin B2: 0.07mg (4.26%), Vitamin E: 0.62mg (4.11%), Vitamin B12: 0.24µg (4.08%), Potassium: 135.78mg (3.88%), Magnesium: 14.47mg (3.62%), Vitamin B1: 0.04mg (2.69%), Copper: 0.03mg (1.74%), Calcium: 12.31mg (1.23%), Manganese: 0.02mg (1.14%)