



## Grilled Chicken Wings with Sweet Red Chili and Peach Glaze

 Gluten Free  Dairy Free  Low Fod Map

READY IN



45 min.

SERVINGS



4

CALORIES



592 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- 2.5 pound chicken wings
- 1 tablespoon cilantro leaves fresh minced
- 1 teaspoon juice of lime
- 12 ounce peach preserves
- 1 cup thai chile sweet red

### Equipment

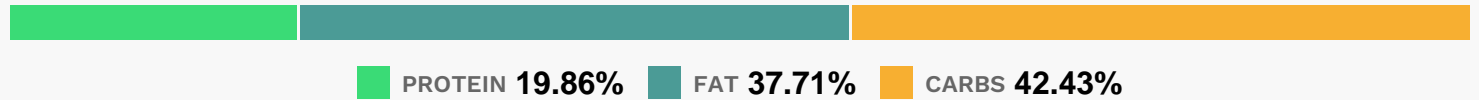
- bowl

grill

## Directions

- Combine peach and apricot preserves, sweet red chili sauce, lime juice and cilantro in a medium bowl.
- Place half sweet red chili and peach glaze in a serving bowl.
- Spray grill grates with no-stick cooking spray.
- Heat grill with medium heat. Grill wings about 20 to 25 minutes turning several times until juices run clear. Dip wings in remaining glaze. Grill wings an additional 3 to 5 minutes turning once.
- Serve warm with additional reserved glaze on the side.

## Nutrition Facts



## Properties

Glycemic Index:21.75, Glycemic Load:31.71, Inflammation Score:-7, Nutrition Score:17.067391271177%

## Flavonoids

Eriodictyol: 0.03mg, Eriodictyol: 0.03mg, Eriodictyol: 0.03mg, Eriodictyol: 0.03mg Hesperetin: 0.11mg, Hesperetin: 0.11mg, Hesperetin: 0.11mg, Hesperetin: 0.11mg Apigenin: 0.52mg, Apigenin: 0.52mg, Apigenin: 0.52mg, Apigenin: 0.52mg Luteolin: 1.45mg, Luteolin: 1.45mg, Luteolin: 1.45mg, Luteolin: 1.45mg Myricetin: 0.45mg, Myricetin: 0.45mg, Myricetin: 0.45mg, Myricetin: 0.45mg Quercetin: 5.57mg, Quercetin: 5.57mg, Quercetin: 5.57mg, Quercetin: 5.57mg

## Nutrients (% of daily need)

Calories: 591.62kcal (29.58%), Fat: 24.58g (37.82%), Saturated Fat: 6.87g (42.97%), Carbohydrates: 62.25g (20.75%), Net Carbohydrates: 60.75g (22.09%), Sugar: 43.18g (47.98%), Cholesterol: 117.88mg (39.29%), Sodium: 141.67mg (6.16%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 29.13g (58.27%), Vitamin C: 99.9mg (121.09%), Vitamin B3: 9.46mg (47.31%), Selenium: 25.62µg (36.6%), Vitamin B6: 0.66mg (32.88%), Phosphorus: 235.71mg (23.57%), Zinc: 2.2mg (14.67%), Vitamin B2: 0.23mg (13.73%), Vitamin A: 674.54IU (13.49%), Iron: 2.32mg (12.91%), Potassium: 433.79mg (12.39%), Vitamin B5: 1.21mg (12.15%), Copper: 0.21mg (10.68%), Magnesium: 40.46mg (10.11%), Vitamin B12: 0.49µg (8.16%), Vitamin B1: 0.12mg (8.08%), Manganese: 0.15mg (7.56%), Folate: 24.29µg (6.07%), Fiber: 1.51g (6.02%), Vitamin E: 0.83mg (5.5%), Vitamin K: 5.68µg (5.41%), Calcium: 42.37mg (4.24%), Vitamin D: 0.15µg (1.02%)