



## Grilled Firecracker Chicken Wings

 Gluten Free

READY IN



65 min.

SERVINGS



4

CALORIES



364 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- 2.5 pounds chicken wings
- 2 tablespoons chili powder
- 1.5 teaspoons oregano dried
- 1.3 teaspoons ground pepper red (cayenne)
- 1 teaspoon garlic salt
- 1 teaspoon ground cumin
- 1 teaspoon pepper
- 1 serving cream sour

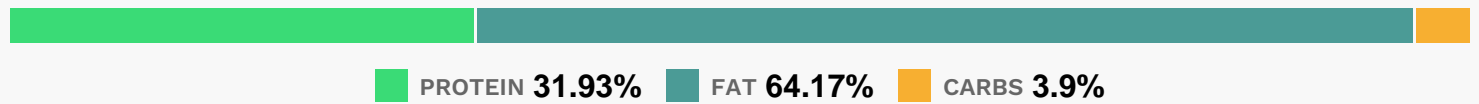
# Equipment

grill

# Directions

- Fold tips of chicken wings under opposite ends to form triangles.
- Place remaining ingredients except sour cream in heavy-duty resealable plastic food-storage bag. Seal bag and shake to blend seasonings.
- Add chicken. Seal bag and shake until chicken is coated with seasonings. Refrigerate at least 30 minutes but no longer than 24 hours.
- Heat coals or gas grill for direct heat.
- Remove chicken from bag. Cover and grill chicken 4 to 6 inches from medium heat 20 to 25 minutes, turning after 10 minutes, until juice of chicken is no longer pink when centers of thickest pieces are cut.
- Serve with sour cream.

# Nutrition Facts



# Properties

Glycemic Index:18.5, Glycemic Load:0.14, Inflammation Score:-9, Nutrition Score:14.075217236643%

# Nutrients (% of daily need)

Calories: 364.18kcal (18.21%), Fat: 25.87g (39.8%), Saturated Fat: 7.31g (45.67%), Carbohydrates: 3.54g (1.18%), Net Carbohydrates: 1.48g (0.54%), Sugar: 0.5g (0.56%), Cholesterol: 119.65mg (39.88%), Sodium: 760.97mg (33.09%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 28.96g (57.91%), Vitamin B3: 9.66mg (48.28%), Selenium: 24.8µg (35.42%), Vitamin A: 1711.63IU (34.23%), Vitamin B6: 0.65mg (32.38%), Phosphorus: 222.58mg (22.26%), Iron: 2.86mg (15.88%), Vitamin E: 2.34mg (15.61%), Zinc: 2.29mg (15.23%), Vitamin B5: 1.23mg (12.32%), Manganese: 0.23mg (11.39%), Vitamin B2: 0.19mg (11.15%), Potassium: 358.31mg (10.24%), Magnesium: 39.49mg (9.87%), Vitamin K: 10.28µg (9.79%), Vitamin B12: 0.5µg (8.27%), Fiber: 2.06g (8.24%), Copper: 0.12mg (6.09%), Vitamin B1: 0.09mg (6.08%), Calcium: 54.73mg (5.47%), Folate: 10µg (2.5%), Vitamin C: 1.66mg (2.01%), Vitamin D: 0.15µg (1.02%)