



Grilled Firecracker Chicken Wings

 Gluten Free

READY IN



65 min.

SERVINGS



4

CALORIES



382 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

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

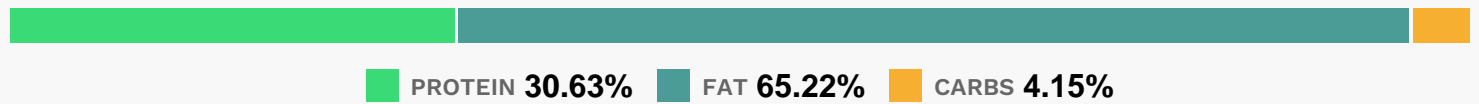
Equipment

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:14.359565309856%

Nutrients (% of daily need)

Calories: 382kcal (19.1%), Fat: 27.61g (42.48%), Saturated Fat: 8.22g (51.35%), Carbohydrates: 3.96g (1.32%), Net Carbohydrates: 1.9g (0.69%), Sugar: 0.81g (0.9%), Cholesterol: 124.96mg (41.65%), Sodium: 763.76mg (33.21%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 29.18g (58.35%), Vitamin B3: 9.66mg (48.32%), Selenium: 25.13µg (35.9%), Vitamin A: 1767.7IU (35.35%), Vitamin B6: 0.65mg (32.56%), Phosphorus: 229.42mg (22.94%), Iron: 2.86mg (15.92%), Vitamin E: 2.38mg (15.84%), Zinc: 2.31mg (15.43%), Vitamin B5: 1.26mg (12.62%), Vitamin B2: 0.2mg (12.04%), Manganese: 0.23mg (11.44%), Potassium: 369.56mg (10.56%), Magnesium: 40.39mg (10.1%), Vitamin K: 10.42µg (9.92%), Vitamin B12: 0.52µg (8.58%), Fiber: 2.06g (8.24%), Calcium: 63.82mg (6.38%), Vitamin B1: 0.09mg (6.2%), Copper: 0.12mg (6.17%), Folate: 10.54µg (2.63%), Vitamin C: 1.74mg (2.11%), Vitamin D: 0.15µg (1.02%)