



Grilled Salt-and-Pepper Chicken Wings



Gluten Free



Dairy Free

READY IN



35 min.

SERVINGS



8

CALORIES



193 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 0.5 teaspoon pepper black
- ☐ 2 pounds chicken wings
- ☐ 8 servings cider vinegar-brown butter honey drizzle
- ☐ 8 servings cracked pepper-rosemary honey drizzle
- ☐ 8 servings horseradish-honey mustard drizzle
- ☐ 1.5 teaspoons kosher salt
- ☐ 8 servings chili-lemon honey drizzle
- ☐ 2 tablespoons olive oil

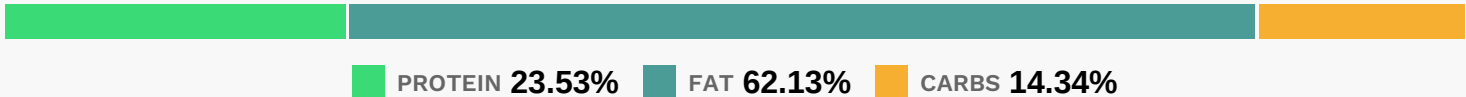
Equipment

- ☐ bowl
- ☐ grill

Directions

- ☐ Preheat grill to 350 to 400 (medium-high) heat. Toss together wings and oil in a large bowl.
- ☐ Sprinkle with salt and pepper; toss to coat. Grill wings, covered with grill lid, 25 to 30 minutes or until skin is crisp and wings are done, turning occasionally. Toss with desired Honey
- ☐ Drizzle.

Nutrition Facts



Properties

Glycemic Index:18.72, Glycemic Load:3.14, Inflammation Score:-1, Nutrition Score:4.3986956205057%

Flavonoids

Eriodictyol: 1.5mg, Eriodictyol: 1.5mg, Eriodictyol: 1.5mg, Eriodictyol: 1.5mg Hesperetin: 1.95mg, Hesperetin: 1.95mg, Hesperetin: 1.95mg, Hesperetin: 1.95mg Naringenin: 0.04mg, Naringenin: 0.04mg, Naringenin: 0.04mg, Naringenin: 0.04mg Luteolin: 0.14mg, Luteolin: 0.14mg, Luteolin: 0.14mg, Luteolin: 0.14mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 0.08mg, Quercetin: 0.08mg, Quercetin: 0.08mg, Quercetin: 0.08mg

Nutrients (% of daily need)

Calories: 192.72kcal (9.64%), Fat: 13.3g (20.47%), Saturated Fat: 3.23g (20.19%), Carbohydrates: 6.91g (2.3%), Net Carbohydrates: 6.67g (2.42%), Sugar: 6.13g (6.81%), Cholesterol: 47.15mg (15.72%), Sodium: 486.29mg (21.14%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 11.34g (22.67%), Vitamin B3: 3.65mg (18.23%), Selenium: 9.58µg (13.69%), Vitamin B6: 0.22mg (11.1%), Phosphorus: 82.51mg (8.25%), Zinc: 0.84mg (5.58%), Vitamin C: 4.17mg (5.06%), Vitamin B5: 0.49mg (4.89%), Vitamin E: 0.7mg (4.66%), Iron: 0.69mg (3.84%), Vitamin B2: 0.06mg (3.42%), Vitamin B12: 0.2µg (3.27%), Potassium: 111.34mg (3.18%), Magnesium: 12mg (3%), Vitamin K: 2.31µg (2.2%), Vitamin B1: 0.03mg (2.16%), Manganese: 0.04mg (1.91%), Vitamin A: 92.24IU (1.84%), Copper: 0.03mg (1.61%), Calcium: 10.52mg (1.05%)