



## Guy Fieri's Tequila-Lime Wings

 Gluten Free  Dairy Free

READY IN



110 min.

SERVINGS



3

CALORIES



629 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

## Ingredients

- 1 teaspoon chiles in adobo sauce
- 1 tablespoon agave nectar (sometimes called agave nectar)
- 3 pounds chicken wings split
- 1 teaspoon ground cumin
- 3 servings salt and pepper freshly ground
- 0.5 cup juice of lime fresh
- 1 teaspoon lime zest grated
- 0.3 cup tequila

## Equipment

- bowl
- baking sheet
- sauce pan
- oven
- grill

## Directions

- Prepare the wings: Preheat the oven to 350 degrees F. Season the wings with salt and pepper and arrange on a baking sheet in a single layer. Cook until just brown and crisp, about 45 minutes.
- Combine the lime zest and juice, tequila, agave syrup, cumin, adobo sauce, 1/2 teaspoon salt and 1/2 tablespoon pepper in a bowl.
- Pour over the warm wings and let marinate at least 30 minutes.
- Preheat a grill to high. Grill the wings until marked, 10 to 15 minutes, turning as needed.
- Transfer the marinade to a saucepan and cook until slightly thick, about 8 minutes (you can do this on the grill as well).
- Drizzle the wings with the sauce and top with cilantro, if desired.
- Photograph by Con Poulos

## Nutrition Facts

 **PROTEIN 31.43%**  **FAT 62.03%**  **CARBS 6.54%**

## Properties

Glycemic Index:22.33, Glycemic Load:0.83, Inflammation Score:-5, Nutrition Score:16.57304337232%

## Flavonoids

Eriodictyol: 0.88mg, Eriodictyol: 0.88mg, Eriodictyol: 0.88mg, Eriodictyol: 0.88mg Hesperetin: 3.9mg, Hesperetin: 3.9mg, Hesperetin: 3.9mg, Hesperetin: 3.9mg Naringenin: 0.18mg, Naringenin: 0.18mg, Naringenin: 0.18mg, Naringenin: 0.18mg Quercetin: 0.21mg, Quercetin: 0.21mg, Quercetin: 0.21mg, Quercetin: 0.21mg

## Nutrients (% of daily need)

Calories: 628.97kcal (31.45%), Fat: 39.67g (61.04%), Saturated Fat: 11.04g (68.97%), Carbohydrates: 9.42g (3.14%), Net Carbohydrates: 9.13g (3.32%), Sugar: 5.5g (6.11%), Cholesterol: 188.6mg (62.87%), Sodium: 660.88mg (28.73%), Alcohol: 6.68g (100%), Alcohol %: 2.68% (100%), Protein: 45.23g (90.46%), Vitamin B3: 14.66mg (73.31%), Selenium: 38.21µg (54.59%), Vitamin B6: 0.89mg (44.62%), Phosphorus: 333.92mg (33.39%), Zinc: 3.34mg (22.24%), Vitamin B5: 1.93mg (19.27%), Vitamin C: 15.35mg (18.6%), Iron: 2.88mg (15.99%), Vitamin B2: 0.24mg (13.93%), Vitamin B12: 0.78µg (13.06%), Potassium: 445.73mg (12.74%), Magnesium: 50.25mg (12.56%), Vitamin B1: 0.14mg (9.5%), Vitamin A: 392.68IU (7.85%), Vitamin E: 0.96mg (6.4%), Copper: 0.12mg (6.15%), Calcium: 43.71mg (4.37%), Folate: 16.2µg (4.05%), Manganese: 0.08mg (3.9%), Vitamin K: 1.99µg (1.89%), Vitamin D: 0.24µg (1.63%), Fiber: 0.29g (1.14%)