



Halloween Black Bat Wings



Gluten Free



Dairy Free



Low Fod Map

READY IN



130 min.

SERVINGS



8

CALORIES



530 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 4 pounds chicken wings
- ☐ 2 cups brown sugar dark
- ☐ 1 cup soya sauce dark
- ☐ 1 cup teriyaki sauce

Equipment

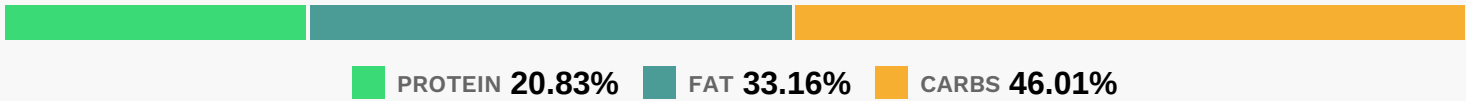
- ☐ bowl
- ☐ oven
- ☐ whisk

- ☐ plastic wrap
- ☐ baking pan
- ☐ kitchen thermometer

Directions

- ☐ Whisk brown sugar, soy sauce, teriyaki sauce, and barbeque sauce together in a large glass bowl until sugar is dissolved. Stir black food coloring in small amounts into the mixture until you get the desired dark color. Liberally pierce the wings with a fork; add to the sauce.
- ☐ Cover the bowl with plastic wrap and marinate in the refrigerator at least 1 hour to overnight.
- ☐ Preheat oven to 350 degrees F (175 degrees C).
- ☐ Pour the chicken and sauce into a large baking dish.
- ☐ Bake the chicken in the preheated oven until no longer pink at the bone and the juices run clear, about 1 hour. An instant-read thermometer inserted into the thickest part of the thigh, near the bone should read 165 degrees F (74 degrees C).

Nutrition Facts



Properties

Glycemic Index:1.88, Glycemic Load:0.21, Inflammation Score:-3, Nutrition Score:11.016521814077%

Nutrients (% of daily need)

Calories: 530.32kcal (26.52%), Fat: 19.59g (30.15%), Saturated Fat: 5.49g (34.31%), Carbohydrates: 61.19g (20.4%), Net Carbohydrates: 60.92g (22.15%), Sugar: 58.92g (65.47%), Cholesterol: 94.3mg (31.43%), Sodium: 3103.54mg (134.94%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 27.7g (55.39%), Vitamin B3: 8.92mg (44.61%), Selenium: 20.27µg (28.96%), Vitamin B6: 0.55mg (27.26%), Phosphorus: 257mg (25.7%), Iron: 2.86mg (15.87%), Magnesium: 60.55mg (15.14%), Zinc: 1.81mg (12.04%), Vitamin B5: 1.19mg (11.92%), Potassium: 406.68mg (11.62%), Vitamin B2: 0.18mg (10.41%), Manganese: 0.2mg (10.1%), Copper: 0.15mg (7.56%), Calcium: 75.15mg (7.51%), Vitamin B12: 0.39µg (6.53%), Vitamin B1: 0.09mg (5.78%), Vitamin A: 180.03IU (3.6%), Folate: 13.55µg (3.39%), Vitamin E: 0.37mg (2.45%), Fiber: 0.27g (1.07%), Vitamin C: 0.86mg (1.04%)