



Herb Grilled Chicken Wings



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



406 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 2 pounds chicken wings
- ☐ 0.3 cup rosemary leaves fresh chopped
- ☐ 4 garlic clove finely chopped
- ☐ 4 servings pepper freshly ground
- ☐ 0.3 cup olive oil
- ☐ 0.3 cup oregano fresh chopped

Equipment

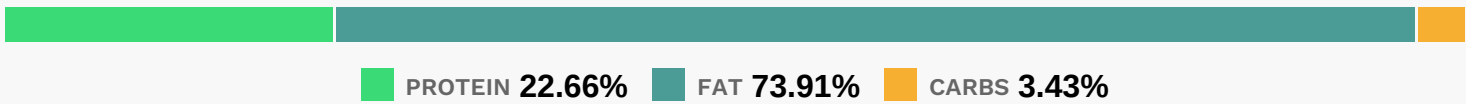
- ☐ grill

☐ ziploc bags

Directions

- ☐ Combine garlic, oregano, rosemary, and oil in a large resealable plastic bag; season with salt and pepper.
- ☐ Add chicken wings, seal bag, and turn to coat. Chill at least 1 hour or overnight.
- ☐ Prepare grill for medium heat.
- ☐ Remove wings from marinade and grill, covered and turning occasionally, until golden brown and crisp, 15–20 minutes.
- ☐ DO AHEAD: Chicken can be marinated 1 day ahead. Keep chilled.

Nutrition Facts



Properties

Glycemic Index:16.75, Glycemic Load:0.33, Inflammation Score:-10, Nutrition Score:11.540869435538%

Flavonoids

Naringenin: 0.42mg, Naringenin: 0.42mg, Naringenin: 0.42mg, Naringenin: 0.42mg Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg Quercetin: 0.05mg, Quercetin: 0.05mg, Quercetin: 0.05mg, Quercetin: 0.05mg

Nutrients (% of daily need)

Calories: 406.1kcal (20.31%), Fat: 33.3g (51.24%), Saturated Fat: 7.45g (46.55%), Carbohydrates: 3.47g (1.16%), Net Carbohydrates: 1.87g (0.68%), Sugar: 0.15g (0.17%), Cholesterol: 94.3mg (31.43%), Sodium: 91.39mg (3.97%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 22.98g (45.95%), Vitamin B3: 7.43mg (37.17%), Selenium: 19.55µg (27.93%), Vitamin K: 26.99µg (25.71%), Vitamin B6: 0.5mg (25.16%), Vitamin E: 2.86mg (19.08%), Phosphorus: 171.96mg (17.2%), Iron: 2.52mg (13.98%), Manganese: 0.25mg (12.54%), Zinc: 1.76mg (11.74%), Vitamin B5: 1mg (9.99%), Magnesium: 32.6mg (8.15%), Vitamin B2: 0.13mg (7.63%), Calcium: 73.96mg (7.4%), Potassium: 253.62mg (7.25%), Vitamin B12: 0.39µg (6.53%), Fiber: 1.6g (6.4%), Vitamin A: 281.22IU (5.62%), Vitamin B1: 0.07mg (4.72%), Copper: 0.08mg (4.23%), Folate: 13.96µg (3.49%), Vitamin C: 2.23mg (2.7%)