



HERDEZ® Sweet Chipotle Chili Lime Chicken Wings



Gluten Free



Dairy Free



Low Fod Map

READY IN



55 min.

SERVINGS



6

CALORIES



676 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 5 pounds chicken wings frozen
- ☐ 12 ounce herdez® chipotle mexican cooking sauce traditional
- ☐ 6 servings cilantro leaves chopped
- ☐ 6 servings salt and ground pepper black to taste
- ☐ 1 juice of lime juiced
- ☐ 0.3 cup brown sugar light to taste

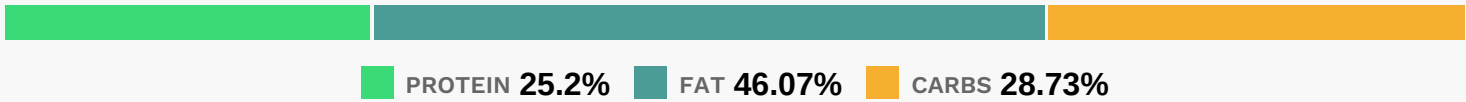
Equipment

- ☐ bowl
- ☐ baking sheet
- ☐ oven
- ☐ broiler

Directions

- ☐ Preheat oven to 400 degrees F (200 degrees C). Spray a large cookie sheet liberally with cooking spray.
- ☐ Place frozen wings on the prepared cookie sheet; sprinkle with salt and black pepper.
- ☐ Bake in the preheated oven for 15 minutes; turn wings over and continue cooking until wings begin to brown, about 20 more minutes.
- ☐ Remove wings and turn on the oven's broiler.
- ☐ Mix cooking sauce, brown sugar, and lime juice in a bowl. Stir well to combine and set aside.
- ☐ Place wings in a large bowl and pour 1/4 cup sauce mixture over wings; toss to coat. Return wings to sheet and broil 3 to 4 minutes, until they start to look crispy.
- ☐ Remove wings from oven and toss with more sauce.
- ☐ Sprinkle with chopped cilantro.

Nutrition Facts



Properties

Glycemic Index:10.67, Glycemic Load:0.01, Inflammation Score:-4, Nutrition Score:15.449130321326%

Flavonoids

Eriodictyol: 0.11mg, Eriodictyol: 0.11mg, Eriodictyol: 0.11mg, Eriodictyol: 0.11mg Hesperetin: 0.45mg, Hesperetin: 0.45mg, Hesperetin: 0.45mg, Hesperetin: 0.45mg Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg Quercetin: 0.08mg, Quercetin: 0.08mg, Quercetin: 0.08mg, Quercetin: 0.08mg

Nutrients (% of daily need)

Calories: 676.04kcal (33.8%), Fat: 35.04g (53.9%), Saturated Fat: 9.96g (62.23%), Carbohydrates: 49.17g (16.39%), Net Carbohydrates: 32.92g (11.97%), Sugar: 32.47g (36.08%), Cholesterol: 157.17mg (52.39%), Sodium: 200.5mg (8.72%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 43.13g (86.26%), Fiber: 16.25g (64.99%), Vitamin B3:

12.12mg (60.58%), Selenium: 31.76µg (45.37%), Vitamin B6: 0.72mg (36.03%), Phosphorus: 270.71mg (27.07%), Zinc: 2.72mg (18.15%), Vitamin B5: 1.58mg (15.84%), Iron: 2.02mg (11.22%), Vitamin B12: 0.65µg (10.89%), Vitamin B2: 0.18mg (10.63%), Potassium: 338.31mg (9.67%), Magnesium: 38.16mg (9.54%), Vitamin B1: 0.1mg (6.63%), Vitamin A: 309.85IU (6.2%), Copper: 0.09mg (4.55%), Vitamin E: 0.63mg (4.18%), Vitamin C: 2.96mg (3.58%), Calcium: 33.31mg (3.33%), Manganese: 0.06mg (2.83%), Folate: 8.84µg (2.21%), Vitamin D: 0.2µg (1.36%)