



## Honey-Baked Sriracha Chicken Wings

 Dairy Free

READY IN



70 min.

SERVINGS



12

CALORIES



198 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- 2 tablespoons sriracha
- 1 tablespoon vegetable oil
- 0.5 teaspoon salt
- 0.5 teaspoon cracked wheat
- 3 lb chicken wings
- 0.5 cup flour all-purpose
- 0.3 cup honey
- 2 tablespoons apricot preserves

- 2 tablespoons sriracha
- 1 tablespoon soya sauce
- 2 teaspoons juice of lime fresh
- 3 cloves garlic finely chopped

## Equipment

- bowl
- baking sheet
- sauce pan
- oven
- aluminum foil
- ziploc bags

## Directions

- Heat oven to 425°F. Line 2 cookie sheets with sides with heavy-duty foil; spray with cooking spray.
- In 1-gallon resealable food-storage plastic bag, mix Sriracha sauce, oil, salt, pepper and drummettes. Seal bag; shake to coat.
- Add flour; seal bag, and shake until drummettes are coated with flour.
- Place drummettes on cookie sheets.
- Bake uncovered 30 minutes; turn drummettes over, and rotate cookie sheets.
- Bake 20 to 30 minutes longer or until golden brown and juice of drummettes is clear when thickest part is cut to bone (at least 165°F).
- Meanwhile, in 1-quart saucepan, mix Glaze ingredients; heat to simmering over medium heat, stirring frequently, until slightly thickened, about 5 minutes.
- Remove from heat; set aside.
- In large bowl, toss drummettes with sauce.
- Serve warm.

## Nutrition Facts



■ PROTEIN 24.43% ■ FAT 50.13% ■ CARBS 25.44%

## Properties

Glycemic Index:14.36, Glycemic Load:5.99, Inflammation Score:-2, Nutrition Score:5.1108696033125%

## Flavonoids

Catechin: 0.01mg, Catechin: 0.01mg, Catechin: 0.01mg, Catechin: 0.01mg Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg Eriodictyol: 0.02mg, Eriodictyol: 0.02mg, Eriodictyol: 0.02mg, Eriodictyol: 0.02mg Hesperetin: 0.07mg, Hesperetin: 0.07mg, Hesperetin: 0.07mg, Hesperetin: 0.07mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg

## Nutrients (% of daily need)

Calories: 197.88kcal (9.89%), Fat: 11g (16.93%), Saturated Fat: 2.93g (18.3%), Carbohydrates: 12.57g (4.19%), Net Carbohydrates: 12.33g (4.48%), Sugar: 7.36g (8.18%), Cholesterol: 47.15mg (15.72%), Sodium: 341.78mg (14.86%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 12.06g (24.13%), Vitamin B3: 4.02mg (20.11%), Selenium: 11.5µg (16.43%), Vitamin B6: 0.24mg (11.92%), Phosphorus: 91.24mg (9.12%), Zinc: 0.89mg (5.93%), Vitamin C: 4.48mg (5.43%), Vitamin B2: 0.09mg (5.28%), Iron: 0.95mg (5.27%), Vitamin B5: 0.51mg (5.13%), Vitamin B1: 0.07mg (4.96%), Manganese: 0.08mg (3.8%), Potassium: 121.59mg (3.47%), Magnesium: 13.52mg (3.38%), Vitamin B12: 0.2µg (3.27%), Folate: 12.79µg (3.2%), Copper: 0.04mg (2.21%), Vitamin K: 2.22µg (2.12%), Vitamin A: 104.35IU (2.09%), Vitamin E: 0.29mg (1.94%), Calcium: 11.4mg (1.14%)