



Honey-Baked Sriracha Chicken Wings

 Dairy Free

READY IN



70 min.

SERVINGS



12

CALORIES



197 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 2 tablespoons apricot preserves
- ☐ 3 lb chicken wings
- ☐ 0.5 cup flour all-purpose
- ☐ 3 cloves garlic finely chopped
- ☐ 0.3 cup honey
- ☐ 2 teaspoons juice of lime fresh
- ☐ 0.5 teaspoon pepper
- ☐ 0.5 teaspoon salt

- ☐ 1 tablespoon soya sauce
- ☐ 2 tablespoons sriracha
- ☐ 1 tablespoon vegetable oil

Equipment

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

Directions

- ☐ Heat oven to 425F. 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 165F).
- ☐ 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 **24.47%**  FAT **50.26%**  CARBS **25.27%**

Properties

Glycemic Index:17.02, Glycemic Load:6, Inflammation Score:-1, Nutrition Score:5.0221739657547%

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: 197.13kcal (9.86%), Fat: 10.99g (16.9%), Saturated Fat: 2.93g (18.3%), Carbohydrates: 12.43g (4.14%), Net Carbohydrates: 12.21g (4.44%), Sugar: 7.33g (8.15%), Cholesterol: 47.15mg (15.72%), Sodium: 284.53mg (12.37%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 12.04g (24.07%), Vitamin B3: 4.02mg (20.09%), Selenium: 11.5µg (16.43%), Vitamin B6: 0.24mg (11.76%), Phosphorus: 90.42mg (9.04%), Zinc: 0.89mg (5.92%), Iron: 0.94mg (5.21%), Vitamin B2: 0.09mg (5.19%), Vitamin B5: 0.51mg (5.12%), Vitamin B1: 0.07mg (4.92%), Manganese: 0.09mg (4.28%), Vitamin C: 2.86mg (3.47%), Magnesium: 13.55mg (3.39%), Potassium: 118.75mg (3.39%), Vitamin B12: 0.2µg (3.27%), Folate: 12.68µg (3.17%), Copper: 0.04mg (2.24%), Vitamin K: 2.31µg (2.2%), Vitamin A: 101.3IU (2.03%), Vitamin E: 0.29mg (1.93%), Calcium: 11.6mg (1.16%)