



Honey Chicken Wings



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



288 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1.5 pounds chicken wings
- ☐ 0.5 teaspoon ground ginger
- ☐ 0.3 cup honey
- ☐ 1 cup picante sauce

Equipment

- ☐ bowl
- ☐ frying pan
- ☐ oven

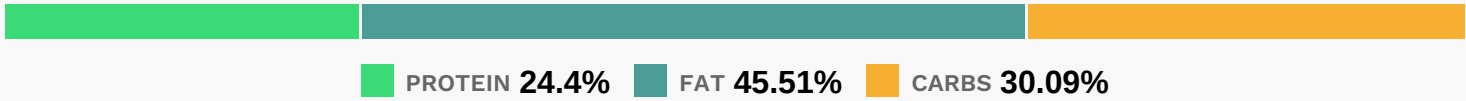
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aluminum foil

Directions

- ☐ Stir together first 3 ingredients in a large bowl.
- ☐ Add wing pieces, tossing to coat.
- ☐ Place on an aluminum foil-lined 15- x 10-inch jellyroll pan.
- ☐ Bake at 400 for 55 minutes or until chicken is done, turning once.

Nutrition Facts



Properties

Glycemic Index:13.07, Glycemic Load:9.1, Inflammation Score:-4, Nutrition Score:8.3265217387158%

Nutrients (% of daily need)

Calories: 288.01kcal (14.4%), Fat: 14.8g (22.77%), Saturated Fat: 4.14g (25.84%), Carbohydrates: 22.02g (7.34%), Net Carbohydrates: 20.77g (7.55%), Sugar: 19.88g (22.09%), Cholesterol: 70.73mg (23.58%), Sodium: 494.37mg (21.49%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 17.86g (35.72%), Vitamin B3: 6.22mg (31.1%), Vitamin B6: 0.44mg (22.13%), Selenium: 15.13µg (21.62%), Phosphorus: 143.31mg (14.33%), Manganese: 0.19mg (9.51%), Zinc: 1.41mg (9.38%), Potassium: 325.31mg (9.29%), Vitamin A: 447.1IU (8.94%), Vitamin B5: 0.85mg (8.5%), Iron: 1.28mg (7.13%), Vitamin E: 1.07mg (7.12%), Magnesium: 27.24mg (6.81%), Vitamin B2: 0.11mg (6.48%), Fiber: 1.25g (4.99%), Vitamin B12: 0.29µg (4.9%), Vitamin B1: 0.07mg (4.46%), Copper: 0.09mg (4.44%), Calcium: 30.78mg (3.08%), Vitamin K: 2.73µg (2.6%), Vitamin C: 1.99mg (2.41%), Folate: 6.73µg (1.68%)