



Honey-Chile Chicken Wings



Gluten Free



Dairy Free

READY IN



60 min.

SERVINGS



10

CALORIES



321 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 4 pounds chicken wings
- ☐ 1 teaspoon pepper red crushed
- ☐ 0.5 cup honey
- ☐ 0.3 cup olive oil extra-virgin
- ☐ 10 servings salt and pepper freshly ground
- ☐ 2 scallions thinly sliced
- ☐ 2 tablespoons soya sauce
- ☐ 0.3 cup unseasoned rice vinegar

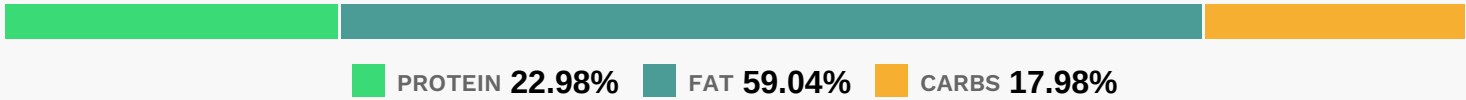
Equipment

- ☐ bowl
- ☐ baking sheet
- ☐ sauce pan
- ☐ oven
- ☐ whisk
- ☐ wire rack
- ☐ broiler

Directions

- ☐ Preheat the broiler and set a rack in the center of the oven. In a large bowl, toss the chicken wings with the olive oil and season with salt and pepper. Arrange the wings on a wire rack set over a large, sturdy baking sheet. Broil for 45 to 50 minutes, turning once or twice, until the wings are cooked through and crisp.
- ☐ Meanwhile, in a small saucepan, combine the vinegar and crushed red pepper and simmer for 1 minute.
- ☐ Let cool, then whisk in the honey and soy sauce.
- ☐ In a large bowl, carefully toss the chicken wings with the honey-soy mixture.
- ☐ Transfer the wings to a platter, sprinkle with the scallions and serve.

Nutrition Facts



Properties

Glycemic Index:14.93, Glycemic Load:7.35, Inflammation Score:-2, Nutrition Score:7.1482608473819%

Flavonoids

Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg Quercetin: 0.26mg, Quercetin: 0.26mg, Quercetin: 0.26mg, Quercetin: 0.26mg

Nutrients (% of daily need)

Calories: 321.41kcal (16.07%), Fat: 21.08g (32.44%), Saturated Fat: 5.14g (32.13%), Carbohydrates: 14.45g (4.82%), Net Carbohydrates: 14.25g (5.18%), Sugar: 14.05g (15.61%), Cholesterol: 75.44mg (25.15%), Sodium: 470.99mg (20.48%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 18.46g (36.92%), Vitamin B3: 6mg (30.02%), Selenium: 15.44µg (22.05%), Vitamin B6: 0.36mg (17.99%), Phosphorus: 136.43mg (13.64%), Zinc: 1.37mg (9.17%), Vitamin K: 8.43µg (8.03%), Vitamin B5: 0.78mg (7.79%), Vitamin E: 1.16mg (7.74%), Iron: 1.19mg (6.62%), Vitamin B2: 0.1mg (6%), Vitamin B12: 0.31µg (5.23%), Potassium: 180.03mg (5.14%), Magnesium: 20.26mg (5.07%), Vitamin A: 227.25IU (4.55%), Vitamin B1: 0.05mg (3.4%), Manganese: 0.06mg (3.02%), Copper: 0.06mg (2.78%), Calcium: 16.44mg (1.64%), Folate: 6.5µg (1.62%), Vitamin C: 1.22mg (1.48%)