



WHATSheATE



Honey Garlic Chicken Wings



Gluten Free

READY IN



105 min.

SERVINGS



15

CALORIES



279 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.5 cup brown sugar
- ☐ 0.3 cup butter
- ☐ 5 pounds chicken wings
- ☐ 1.5 teaspoons garlic minced
- ☐ 0.5 cup honey
- ☐ 2 teaspoons ground mustard
- ☐ 0.3 cup soya sauce
- ☐ 1 large onion white chopped

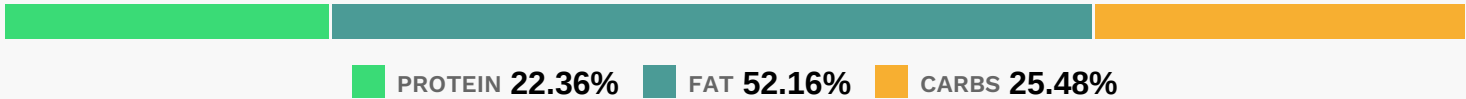
Equipment

- ☐ sauce pan
- ☐ oven
- ☐ baking pan
- ☐ kitchen thermometer

Directions

- ☐ Stir onion, honey, brown sugar, soy sauce, butter, mustard powder, and garlic together in a saucepan over medium heat; cook until hot, about 5 minutes.
- ☐ Spread chicken wings in an even layer into a shallow baking dish; pour sauce over the wings.
- ☐ Marinate wings in refrigerator 1 hour to overnight.
- ☐ Preheat oven to 350 degrees F (175 degrees C).
- ☐ Bake the chicken wings, turning occasionally, until no longer pink at the bone and the juices run clear, about 90 minutes. An instant-read thermometer inserted near the bone should read 165 degrees F (74 degrees C).

Nutrition Facts



Properties

Glycemic Index:11.62, Glycemic Load:5.12, Inflammation Score:-2, Nutrition Score:5.8934783520906%

Flavonoids

Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg Kaempferol: 0.07mg, Kaempferol: 0.07mg, Kaempferol: 0.07mg, Kaempferol: 0.07mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 2.04mg, Quercetin: 2.04mg, Quercetin: 2.04mg, Quercetin: 2.04mg

Nutrients (% of daily need)

Calories: 278.72kcal (13.94%), Fat: 16.22g (24.95%), Saturated Fat: 5.61g (35.08%), Carbohydrates: 17.83g (5.94%), Net Carbohydrates: 17.57g (6.39%), Sugar: 16.9g (18.78%), Cholesterol: 71mg (23.67%), Sodium: 302.91mg (13.17%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 15.65g (31.29%), Vitamin B3: 5.04mg (25.2%), Selenium: 13.55µg (19.36%), Vitamin B6: 0.32mg (15.81%), Phosphorus: 120.02mg (12%), Zinc: 1.17mg (7.8%), Vitamin B5: 0.68mg (6.78%), Iron: 1.02mg (5.66%), Vitamin B2: 0.09mg (5.12%), Potassium: 169.87mg (4.85%), Magnesium: 19.27mg

(4.82%), Vitamin B12: 0.27µg (4.46%), Vitamin A: 214.88IU (4.3%), Manganese: 0.07mg (3.61%), Vitamin B1: 0.05mg (3.27%), Copper: 0.05mg (2.64%), Vitamin E: 0.35mg (2.32%), Calcium: 21.8mg (2.18%), Vitamin C: 1.48mg (1.79%), Folate: 6.72µg (1.68%), Fiber: 0.26g (1.05%)