



Honey Sesame Wings



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



30

CALORIES



194 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 3 pounds chicken wings
- ☐ 2 cloves garlic minced
- ☐ 2 cups honey
- ☐ 0.5 cup catsup
- ☐ 0.3 cup cooking oil
- ☐ 30 servings salt and pepper to taste
- ☐ 30 servings sesame seed
- ☐ 1 cup soya sauce

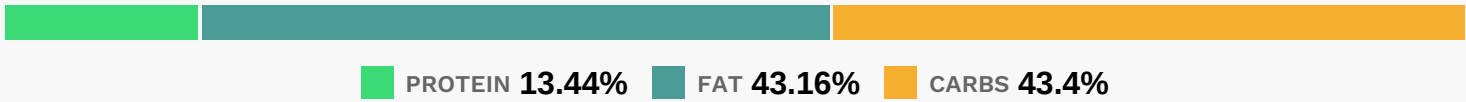
Equipment

- ☐ frying pan
- ☐ broiler
- ☐ slow cooker
- ☐ broiler pan

Directions

- ☐ Place chicken wings on an ungreased broiler pan; sprinkle with salt and pepper.
- ☐ Place pan 4 to 5 inches under broiler.
- ☐ Broil for 10 minutes on each side, or until chicken is golden.
- ☐ Transfer wings to a slow cooker.
- ☐ Combine remaining ingredients except sesame seed; pour over wings. Cover and cook on low setting for 4 to 5 hours, or high setting for 2 to 2 1/2 hours.
- ☐ Arrange on a serving platter; sprinkle with sesame seed.

Nutrition Facts



Properties

Glycemic Index:4.41, Glycemic Load:10.11, Inflammation Score:-2, Nutrition Score:5.8426086708255%

Flavonoids

Quercetin: 0.04mg, Quercetin: 0.04mg, Quercetin: 0.04mg, Quercetin: 0.04mg

Nutrients (% of daily need)

Calories: 194.4kcal (9.72%), Fat: 9.76g (15.02%), Saturated Fat: 1.79g (11.21%), Carbohydrates: 22.09g (7.36%), Net Carbohydrates: 21.02g (7.65%), Sugar: 19.56g (21.74%), Cholesterol: 18.86mg (6.29%), Sodium: 681.75mg (29.64%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 6.84g (13.69%), Copper: 0.36mg (17.97%), Manganese: 0.27mg (13.28%), Vitamin B3: 2.2mg (11.02%), Selenium: 6.85µg (9.78%), Phosphorus: 94.96mg (9.5%), Iron: 1.69mg (9.42%), Magnesium: 36.61mg (9.15%), Vitamin B6: 0.18mg (8.93%), Calcium: 84.92mg (8.49%), Zinc: 1.04mg (6.92%), Vitamin B1: 0.08mg (5.36%), Fiber: 1.07g (4.27%), Vitamin B2: 0.07mg (4.03%), Potassium: 115.88mg (3.31%), Vitamin E: 0.48mg (3.19%), Folate: 10.95µg (2.74%), Vitamin B5: 0.24mg (2.39%), Vitamin K: 1.45µg (1.39%), Vitamin

B12: 0.08μg (1.31%), Vitamin A: 57.26IU (1.15%)