



Hot and Sticky Wings

 **Gluten Free**  **Dairy Free**  **Low Fod Map**

READY IN



220 min.

SERVINGS



6

CALORIES



540 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 18 ounce apricot-pineapple preserves (recommended: Smuckers)
- 3 pounds chicken wings
- 1 tablespoon chili seasoning
- 1 jalapeño diced finely
- 0.3 cup catsup
- 2 tablespoon oregano dried
- 2 tablespoons citrus herb seasoning

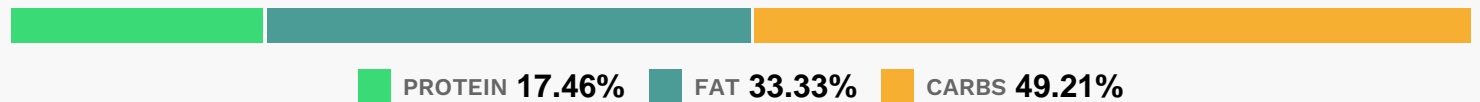
Equipment

- bowl
- baking sheet
- paper towels
- aluminum foil
- broiler
- slow cooker

Directions

- Light broiler. Line a baking sheet with aluminum foil; set aside. Rinse wings with cold water and pat dry with paper towels.
- Place wings on baking sheet skin-side up. Broil wings for 8 to 10 minutes while preparing sauce. NOTE: this step can be omitted, but produces a better tasting wing.
- Place wings in the crock of 4 quart slow cooker. In a bowl, stir to combine remaining ingredients.
- Pour over wings and stir to coat.
- Place lid on slow cooker and cook on high setting for 2 1/2 to 3 1/2 hours.

Nutrition Facts



Properties

Glycemic Index:18.67, Glycemic Load:31.86, Inflammation Score:-9, Nutrition Score:16.239130427008%

Flavonoids

Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg Quercetin: 0.2mg, Quercetin: 0.2mg, Quercetin: 0.2mg, Quercetin: 0.2mg

Nutrients (% of daily need)

Calories: 539.86kcal (26.99%), Fat: 20.07g (30.88%), Saturated Fat: 5.63g (35.16%), Carbohydrates: 66.67g (22.22%), Net Carbohydrates: 62.42g (22.7%), Sugar: 43.87g (48.74%), Cholesterol: 94.3mg (31.43%), Sodium: 209.83mg (9.12%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 23.65g (47.29%), Vitamin K: 42.67µg (40.64%), Vitamin B3: 7.88mg (39.42%), Selenium: 21.13µg (30.19%), Vitamin B6: 0.57mg (28.25%), Iron: 4.29mg (23.86%), Manganese: 0.42mg (20.79%), Phosphorus: 194.45mg (19.45%), Vitamin A: 943.31IU (18.87%), Fiber: 4.24g (16.96%), Vitamin E: 2.24mg (14.95%), Vitamin C: 11.68mg (14.16%), Calcium: 141.49mg (14.15%), Vitamin B2: 0.24mg

(14.11%), Zinc: 1.93mg (12.85%), Magnesium: 46.98mg (11.75%), Potassium: 400.13mg (11.43%), Vitamin B5: 1.06mg (10.57%), Copper: 0.19mg (9.75%), Folate: 31.99µg (8%), Vitamin B12: 0.39µg (6.53%), Vitamin B1: 0.09mg (6%)