



Hot 'n' Spicy Chicken Wings



Gluten Free



Dairy Free



Low Fod Map

READY IN



45 min.

SERVINGS



10

CALORIES



241 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 4 pounds chicken wings
- ☐ 1 cup hot sauce
- ☐ 0.3 cup melvyn's seasoning mix

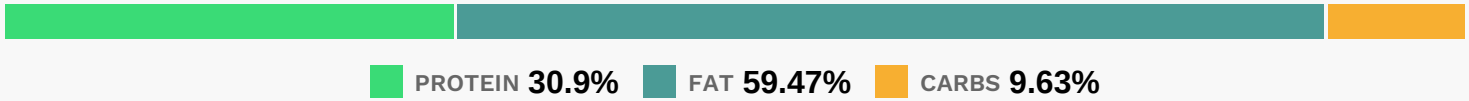
Equipment

- ☐ grill

Directions

- ☐ Cut off wing tips, and discard; cut wings in half at joint, if desired.
- ☐ Stir together Melvyn's Seasoning
- ☐ Mix and hot sauce.
- ☐ Place wings in a large shallow dish or large zip-top plastic freezer bag.
- ☐ Pour half of hot sauce mixture over wings. Cover or seal; chill for 3 hours, turning occasionally. Cover and chill remaining hot sauce mixture.
- ☐ Remove wings from marinade, discarding marinade.
- ☐ Grill chicken, covered with grill lid, over medium-high heat (350 to 400
- ☐ minutes on each side or until done, basting occasionally with reserved hot sauce mixture.
- ☐ *1 (4-pound) package frozen party-style chicken wings, thawed, may be substituted.

Nutrition Facts



Properties

Glycemic Index:0.5, Glycemic Load:0.1, Inflammation Score:-4, Nutrition Score:13.77347827476%

Nutrients (% of daily need)

Calories: 241.05kcal (12.05%), Fat: 16.07g (24.73%), Saturated Fat: 4.52g (28.28%), Carbohydrates: 5.86g (1.95%), Net Carbohydrates: 2.43g (0.88%), Sugar: 0.62g (0.69%), Cholesterol: 75.44mg (25.15%), Sodium: 707.81mg (30.77%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 18.79g (37.58%), Vitamin K: 49.6µg (47.24%), Vitamin B3: 6.23mg (31.16%), Vitamin B6: 0.46mg (23.15%), Vitamin C: 18.82mg (22.81%), Selenium: 15.54µg (22.2%), Iron: 3.95mg (21.93%), Manganese: 0.42mg (21.15%), Phosphorus: 143.64mg (14.36%), Calcium: 139.62mg (13.96%), Fiber: 3.42g (13.69%), Vitamin E: 1.76mg (11.75%), Zinc: 1.54mg (10.28%), Magnesium: 40.13mg (10.03%), Vitamin B2: 0.15mg (8.68%), Vitamin B5: 0.85mg (8.5%), Potassium: 286.77mg (8.19%), Vitamin A: 317.05IU (6.34%), Folate: 24.05µg (6.01%), Vitamin B12: 0.31µg (5.23%), Copper: 0.1mg (4.84%), Vitamin B1: 0.07mg (4.64%)