

# Hotshot Chicken Wings

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

READY IN



**55 min.**

SERVINGS



**55**

CALORIES



**25 kcal**

ANTIPASTI

STARTER

SNACK

APPETIZER

## Ingredients

- 1 cup bull's-eye original barbecue sauce
- 1.5 lb chicken wings split
- 2 Tbsp chili powder
- 1 Tbsp cilantro leaves fresh chopped
- 0.8 tsp ground cumin
- 1 Tbsp juice of lime
- 2 Tbsp jalapeño peppers seeded chopped

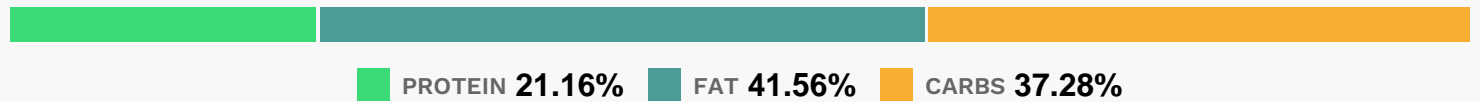
## Equipment

- bowl
- baking sheet
- oven
- aluminum foil

## Directions

- Heat oven to 400F.
- Mix all ingredients except wings in large bowl.
- Add wings; toss to evenly coat.
- Spread into single layer on foil-covered rimmed baking sheet sprayed with cooking spray.
- Bake 35 to 40 min. or until done.

## Nutrition Facts



## Properties

Glycemic Index:0.85, Glycemic Load:0, Inflammation Score:-1, Nutrition Score:0.81391304115886%

## Flavonoids

Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg Hesperetin: 0.02mg, Hesperetin: 0.02mg, Hesperetin: 0.02mg, Hesperetin: 0.02mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

## Nutrients (% of daily need)

Calories: 24.83kcal (1.24%), Fat: 1.15g (1.77%), Saturated Fat: 0.31g (1.93%), Carbohydrates: 2.32g (0.77%), Net Carbohydrates: 2.16g (0.79%), Sugar: 1.76g (1.96%), Cholesterol: 5.14mg (1.71%), Sodium: 63.27mg (2.75%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.32g (2.63%), Vitamin B3: 0.46mg (2.32%), Vitamin A: 109.95IU (2.2%), Vitamin B6: 0.03mg (1.72%), Selenium: 1.16µg (1.66%), Vitamin E: 0.18mg (1.17%), Phosphorus: 10.98mg (1.1%)