



## Howling Wings

 Gluten Free

READY IN



300 min.

SERVINGS



30

CALORIES



83 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

## Ingredients

- ☐ 12 oz mrs richardson's butterscotch caramel sauce ()
- ☐ 3 lb chicken wings
- ☐ 7 oz chipotles in adobo chopped canned

## Equipment

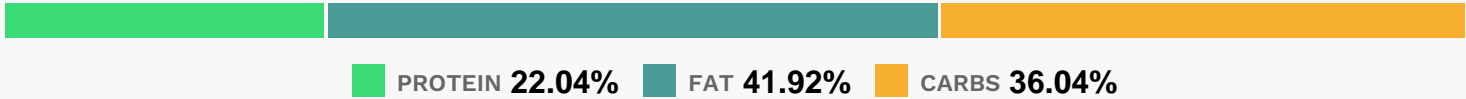
- ☐ sauce pan
- ☐ oven
- ☐ aluminum foil
- ☐ ziploc bags

☐ broiler pan

Directions

- ☐ Cut off excess skin from each drummette; discard.
- ☐ Place drummettes in large resealable food-storage plastic bag.
- ☐ Add chopped chipotle chiles and adobo sauce and dressing; seal bag. Turn bag to mix ingredients and coat drummettes. Refrigerate at least 4 hours but no longer than 24 hours, turning bag occasionally.
- ☐ Heat oven to 425°F.
- ☐ Place sheet of foil in bottom of broiler pan. Arrange drummettes on foil.
- ☐ Bake 15 minutes; drain if necessary. Meanwhile, to make sauce, transfer marinade from bag to 2-quart saucepan; stir in caramel topping.
- ☐ Heat to boiling over medium-high heat; reduce heat to medium-low, and simmer.
- ☐ Reduce oven temperature to 375°F; brush drummettes with sauce and bake about 30 minutes longer, brushing every 15 minutes with sauce, until browned and juice is clear when thickest part is cut to bone (180°F).
- ☐ Serve drummettes with sauce.

Nutrition Facts



Properties

Glycemic Index:0, Glycemic Load:0, Inflammation Score:-1, Nutrition Score:1.7482608893643%

Nutrients (% of daily need)

Calories: 83.28kcal (4.16%), Fat: 3.91g (6.02%), Saturated Fat: 1.1g (6.86%), Carbohydrates: 7.57g (2.52%), Net Carbohydrates: 6.9g (2.51%), Sugar: 6.9g (7.67%), Cholesterol: 18.86mg (6.29%), Sodium: 56.62mg (2.46%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 4.63g (9.25%), Vitamin B3: 1.45mg (7.26%), Selenium: 3.94µg (5.63%), Vitamin B6: 0.09mg (4.29%), Phosphorus: 36.75mg (3.68%), Fiber: 0.66g (2.65%), Iron: 0.39mg (2.17%), Zinc: 0.33mg (2.17%), Vitamin B5: 0.21mg (2.06%), Vitamin B12: 0.1µg (1.65%), Potassium: 45.69mg (1.31%), Vitamin B2: 0.02mg (1.27%), Magnesium: 4.98mg (1.24%)