



Jerk Chicken Wings with Creamy Dipping Sauce

 Gluten Free

READY IN



115 min.

SERVINGS



16

CALORIES



186 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 0.5 cup walkerswood jamaican jerk seasoning
- ☐ 3 lb chicken drummettes frozen thawed
- ☐ 0.5 cup cream sour
- ☐ 0.5 cup mayonnaise
- ☐ 0.5 cup spring onion chopped

Equipment

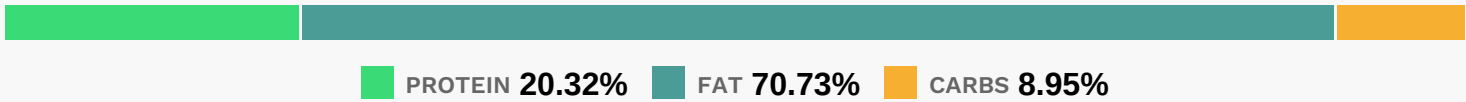
- ☐ bowl

- ☐ oven
- ☐ aluminum foil
- ☐ glass baking pan

Directions

- ☐ In 13x9-inch (3-quart) glass baking dish, arrange chicken wings.
- ☐ Pour jerk marinade over wings. Cover; refrigerate 1 hour to marinate.
- ☐ Position two oven racks as close to middle of oven as possible.
- ☐ Heat oven to 425°F. Line two 15x10x1-inch pans with foil; spray with cooking spray.
- ☐ Place chicken wings in pans. Discard any remaining marinade.
- ☐ Bake both pans on middle oven racks about 45 minutes or until juice of chicken is clear when thickest part is cut to bone, switching pans halfway through baking so wings bake more evenly.
- ☐ Meanwhile, in small bowl, mix sour cream, mayonnaise and green onions.
- ☐ Serve sauce with chicken wings.

Nutrition Facts



Properties

Glycemic Index:5.13, Glycemic Load:0.07, Inflammation Score:-9, Nutrition Score:9.7782608439093%

Flavonoids

Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg Quercetin: 0.33mg, Quercetin: 0.33mg, Quercetin: 0.33mg, Quercetin: 0.33mg

Nutrients (% of daily need)

Calories: 185.64kcal (9.28%), Fat: 15.03g (23.12%), Saturated Fat: 3.79g (23.66%), Carbohydrates: 4.28g (1.43%), Net Carbohydrates: 1.62g (0.59%), Sugar: 0.89g (0.99%), Cholesterol: 42.54mg (14.18%), Sodium: 201.96mg (8.78%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 9.71g (19.43%), Vitamin A: 2340.13IU (46.8%), Vitamin K: 25.8µg (24.57%), Vitamin E: 3.23mg (21.54%), Vitamin B3: 3.6mg (18.01%), Vitamin B6: 0.32mg (16.05%), Selenium: 9.07µg (12.96%), Fiber: 2.65g (10.62%), Iron: 1.78mg (9.9%), Phosphorus: 90.89mg (9.09%), Vitamin B2: 0.13mg (7.4%), Manganese: 0.14mg (7.01%), Potassium: 234.83mg (6.71%), Zinc: 0.98mg (6.5%), Magnesium: 20.7mg (5.17%), Copper: 0.1mg (4.9%), Vitamin B5: 0.46mg (4.56%), Calcium: 39.98mg (4%), Vitamin B1: 0.04mg (2.96%),

Vitamin B12: 0.17µg (2.84%), Folate: 6.69µg (1.67%), Vitamin C: 1.03mg (1.24%)