



Kona K's Sweet & Spicy BBQ Chicken Wings



Gluten Free



Dairy Free

READY IN



130 min.

SERVINGS



6

CALORIES



292 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 2 tablespoons brown sugar
- ☐ 2 lbs chicken wings raw ()
- ☐ 1 tablespoon chili powder
- ☐ 2 tablespoons garlic minced
- ☐ 0.5 cup dressing italian
- ☐ 6 servings bell pepper
- ☐ 0.5 cup teriyaki sauce

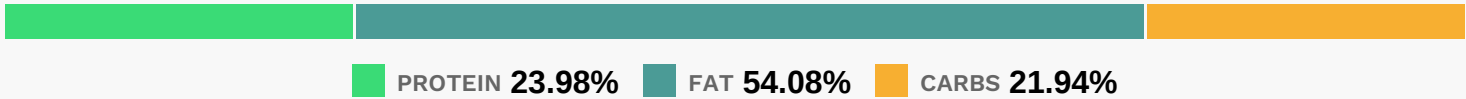
Equipment

☐ grill

Directions

- ☐ Combine dressing, teriyaki sauce, brown sugar, garlic, chili powder and pepper. Stir until it's well-combined.2
- ☐ Heat up the grill. Cook on each side for at least 3–4 minutes. Pierce to check the inside for doneness (until it's no longer pink).

Nutrition Facts



Properties

Glycemic Index:10.33, Glycemic Load:1.18, Inflammation Score:-9, Nutrition Score:17.139130418715%

Flavonoids

Luteolin: 0.45mg, Luteolin: 0.45mg, Luteolin: 0.45mg, Luteolin: 0.45mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 0.22mg, Quercetin: 0.22mg, Quercetin: 0.22mg, Quercetin: 0.22mg

Nutrients (% of daily need)

Calories: 291.92kcal (14.6%), Fat: 17.6g (27.08%), Saturated Fat: 4.31g (26.97%), Carbohydrates: 16.08g (5.36%), Net Carbohydrates: 13.97g (5.08%), Sugar: 12.63g (14.03%), Cholesterol: 62.87mg (20.96%), Sodium: 1199.68mg (52.16%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 17.56g (35.12%), Vitamin C: 96.85mg (117.4%), Vitamin A: 2855.24IU (57.1%), Vitamin B3: 6.08mg (30.38%), Vitamin B6: 0.6mg (30.09%), Selenium: 14.08µg (20.12%), Phosphorus: 175.28mg (17.53%), Vitamin E: 2.36mg (15.74%), Vitamin K: 16.07µg (15.31%), Potassium: 397.03mg (11.34%), Magnesium: 42.27mg (10.57%), Iron: 1.86mg (10.33%), Folate: 39.95µg (9.99%), Vitamin B2: 0.17mg (9.85%), Vitamin B5: 0.94mg (9.43%), Zinc: 1.4mg (9.33%), Manganese: 0.17mg (8.7%), Fiber: 2.11g (8.43%), Vitamin B1: 0.1mg (6.61%), Copper: 0.1mg (4.85%), Vitamin B12: 0.26µg (4.35%), Calcium: 36.11mg (3.61%)