



## Krista's Sticky Honey Garlic Wings

 Gluten Free  Dairy Free

READY IN



60 min.

SERVINGS



48

CALORIES



76 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

### Ingredients

- 0.8 cup brown sugar packed
- 24 chicken wings split
- 3 tablespoons cornstarch
- 1 teaspoon ginger fresh minced
- 5 cloves garlic minced
- 5 tablespoons honey
- 0.3 cup soy sauce reduced-sodium
- 0.8 cup water

## Equipment

- bowl
- baking sheet
- sauce pan
- oven
- whisk
- baking pan

## Directions

- Preheat an oven to 375 degrees F (190 degrees C).
- Arrange the chicken wings on a baking sheet; bake until crisp, 35 to 45 minutes.
- Transfer the wings to a baking dish.
- Mix together the brown sugar, garlic, ginger, 2 1/2 cups water, honey, and soy sauce in a saucepan over medium-high heat; bring to a boil.
- Whisk together the cornstarch and 3/4 cup water in a small bowl; stir into the sauce mixture until thickened; pour over the chicken wings to coat.
- Return wings to oven and bake until the sauce is bubbling and the chicken is no longer pink at the bone and the juices run clear, 15 to 20 minutes.

## Nutrition Facts



**PROTEIN 23.96%** **FAT 45.46%** **CARBS 30.58%**

## Properties

Glycemic Index:2.03, Glycemic Load:0.97, Inflammation Score:-1, Nutrition Score:1.6430434773312%

## Flavonoids

Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

## Nutrients (% of daily need)

Calories: 76.22kcal (3.81%), Fat: 3.84g (5.91%), Saturated Fat: 1.08g (6.73%), Carbohydrates: 5.82g (1.94%), Net Carbohydrates: 5.79g (2.11%), Sugar: 5.14g (5.71%), Cholesterol: 18.5mg (6.17%), Sodium: 66.69mg (2.9%), Alcohol:

Og (100%), Alcohol %: 0% (100%), Protein: 4.56g (9.12%), Vitamin B3: 1.45mg (7.24%), Selenium: 3.85µg (5.5%),  
Vitamin B6: 0.09mg (4.61%), Phosphorus: 34.71mg (3.47%), Zinc: 0.34mg (2.27%), Vitamin B5: 0.2mg (1.96%), Iron:  
0.29mg (1.6%), Vitamin B2: 0.03mg (1.5%), Magnesium: 5.74mg (1.44%), Potassium: 49.31mg (1.41%), Vitamin B12:  
0.08µg (1.28%)