



WHATSheATE



Krista's Sticky Honey Garlic Wings



Gluten Free



Dairy Free



Popular

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 root fresh minced
- ☐ 5 cloves garlic minced
- ☐ 5 tablespoons honey
- ☐ 0.3 cup soya sauce reduced-sodium
- ☐ 0.8 cup water

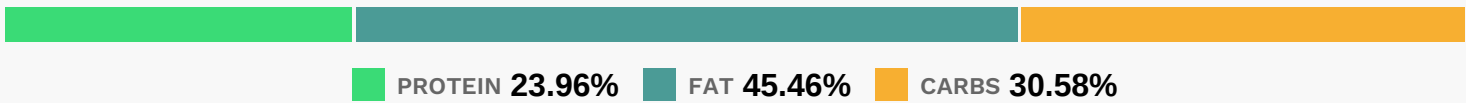
Equipment

- ☐ 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



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%)