



Left Wings

 Gluten Free

READY IN



45 min.

SERVINGS



12

CALORIES



374 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 cup apple cider vinegar
- ☐ 2 teaspoons pepper black
- ☐ 3 tablespoons butter
- ☐ 8 oz tomato sauce canned
- ☐ 4.5 lb chicken wings
- ☐ 2 garlic clove pressed
- ☐ 2 teaspoons chipotle chili powder
- ☐ 2 teaspoons hot sauce

- ☐ 2 tablespoons brown sugar light
- ☐ 12 servings cheese blue
- ☐ 1 tablespoon olive oil
- ☐ 0.5 cup onion chopped
- ☐ 2 teaspoons salt divided
- ☐ 6 oz canned tomatoes canned
- ☐ 2 tablespoons worcestershire sauce

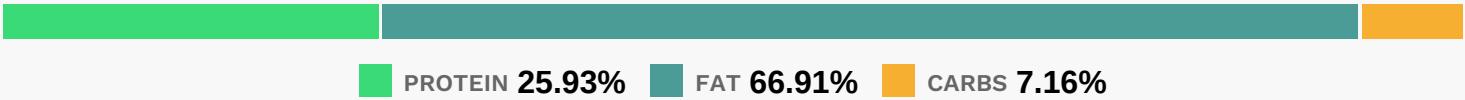
Equipment

- ☐ bowl
- ☐ sauce pan
- ☐ grill

Directions

- ☐ Light 1 side of grill, heating to 350 to 400 (medium-high) heat.
- ☐ Combine first 2 ingredients and 1 tsp. salt.
- ☐ Cut off chicken wing tips, and discard; cut wings in half at joint. Toss wings with oil.
- ☐ Sprinkle chicken with pepper mixture, and toss.
- ☐ Arrange wings over unlit side of grill, and grill, covered with grill lid, 18 to 20 minutes on each side or until done.
- ☐ Meanwhile, melt butter in a saucepan over medium-high heat; add onion and garlic, and saut 5 minutes or until tender. Reduce heat to medium.
- ☐ Add vinegar, next 5 ingredients, and remaining 1 tsp. salt. Cook, stirring occasionally, 10 to 12 minutes or until bubbly.
- ☐ Transfer wings to a clean bowl; add half of butter mixture, reserving remaining mixture. Toss wings gently to coat.
- ☐ Place wings on lit side of grill. Grill, covered with grill lid, 10 minutes or until browned, turning occasionally. Toss wings with reserved butter mixture.
- ☐ Serve with Blue Cheese Sauce.

Nutrition Facts



Properties

Glycemic Index:24.08, Glycemic Load:1.1, Inflammation Score:-5, Nutrition Score:11.561304304911%

Flavonoids

Isorhamnetin: 0.33mg, Isorhamnetin: 0.33mg, Isorhamnetin: 0.33mg, Isorhamnetin: 0.33mg Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 1.36mg, Quercetin: 1.36mg, Quercetin: 1.36mg, Quercetin: 1.36mg

Nutrients (% of daily need)

Calories: 373.52kcal (18.68%), Fat: 27.45g (42.23%), Saturated Fat: 11.71g (73.22%), Carbohydrates: 6.61g (2.2%), Net Carbohydrates: 5.73g (2.08%), Sugar: 4.07g (4.53%), Cholesterol: 100.75mg (33.58%), Sodium: 992.35mg (43.15%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 23.94g (47.87%), Vitamin B3: 6.19mg (30.94%), Selenium: 19.07µg (27.24%), Phosphorus: 255.5mg (25.55%), Vitamin B6: 0.44mg (21.76%), Calcium: 189.13mg (18.91%), Zinc: 2.15mg (14.36%), Vitamin B5: 1.35mg (13.46%), Vitamin A: 667.85IU (13.36%), Vitamin B2: 0.23mg (13.33%), Vitamin B12: 0.67µg (11.1%), Potassium: 382.18mg (10.92%), Iron: 1.66mg (9.23%), Manganese: 0.18mg (9.14%), Magnesium: 32.62mg (8.15%), Vitamin E: 1.18mg (7.9%), Copper: 0.12mg (5.89%), Vitamin C: 4.79mg (5.8%), Vitamin B1: 0.08mg (5.04%), Folate: 19.84µg (4.96%), Vitamin K: 3.93µg (3.74%), Fiber: 0.88g (3.52%), Vitamin D: 0.24µg (1.61%)