



Lemon-drop Chicken Wings



Gluten Free



Dairy Free



Low Fod Map

READY IN



90 min.

SERVINGS



8

CALORIES



239 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.3 teaspoon pepper black freshly ground
- ☐ 2.5 pounds chicken wings trimmed
- ☐ 0.3 cup juice of lemon fresh
- ☐ 1 tablespoon olive oil
- ☐ 1 teaspoon salt
- ☐ 3 tablespoons sugar
- ☐ 0.5 cup vodka

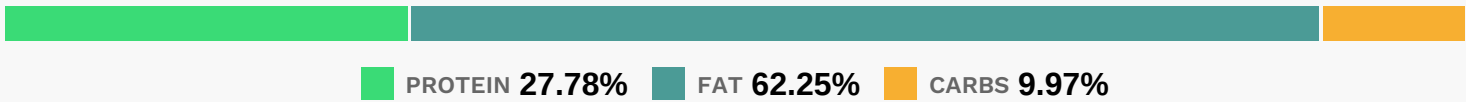
Equipment

- ☐ bowl
- ☐ oven
- ☐ baking pan
- ☐ aluminum foil
- ☐ ziploc bags

Directions

- ☐ In a large bowl or resealable plastic bag, combine vodka, lemon juice, sugar, olive oil, salt, and pepper. Stir to dissolve sugar and salt.
- ☐ Add the chicken wings and mix to coat. Cover bowl or seal bag and refrigerate for 2 to 4 hours.
- ☐ Preheat oven to 40
- ☐ Line a 9- by 13-in. baking pan with two layers of foil. Arrange the chicken wings in a single layer in the pan, and pour the marinade evenly over all.
- ☐ Bake until meat is well browned and pulling away from the bone, about 1 hour and 15 minutes.
- ☐ Serve hot or warm.

Nutrition Facts



Properties

Glycemic Index:14.64, Glycemic Load:3.15, Inflammation Score:-2, Nutrition Score:5.0147825544295%

Flavonoids

Eriodictyol: 0.37mg, Eriodictyol: 0.37mg, Eriodictyol: 0.37mg, Eriodictyol: 0.37mg Hesperetin: 1.1mg, Hesperetin: 1.1mg, Hesperetin: 1.1mg, Hesperetin: 1.1mg Naringenin: 0.11mg, Naringenin: 0.11mg, Naringenin: 0.11mg, Naringenin: 0.11mg Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg

Nutrients (% of daily need)

Calories: 239.21kcal (11.96%), Fat: 14.01g (21.55%), Saturated Fat: 3.67g (22.97%), Carbohydrates: 5.05g (1.68%), Net Carbohydrates: 5.01g (1.82%), Sugar: 4.68g (5.2%), Cholesterol: 58.94mg (19.65%), Sodium: 346.88mg (15.08%), Alcohol: 5.01g (100%), Alcohol %: 5.98% (100%), Protein: 14.06g (28.13%), Vitamin B3: 4.54mg (22.72%), Selenium: 11.9µg (17%), Vitamin B6: 0.27mg (13.58%), Phosphorus: 102.5mg (10.25%), Zinc: 1.02mg (6.83%), Vitamin B5: 0.6mg (5.97%), Vitamin C: 3.49mg (4.23%), Iron: 0.76mg (4.2%), Vitamin B2: 0.07mg (4.15%), Vitamin B12: 0.24µg (4.08%),

Potassium: 128.41mg (3.67%), Magnesium: 14.35mg (3.59%), Vitamin E: 0.49mg (3.29%), Vitamin B1: 0.04mg (2.63%), Vitamin A: 113.32IU (2.27%), Copper: 0.04mg (1.77%), Manganese: 0.02mg (1.18%), Folate: 4.6µg (1.15%), Vitamin K: 1.16µg (1.1%), Calcium: 10.16mg (1.02%)