



Lemon-Mint Chicken Wings

 **Gluten Free**  **Dairy Free**

READY IN



45 min.

SERVINGS



10

CALORIES



301 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 0.5 teaspoon pepper black freshly ground
- 4.5 pounds chicken wings
- 0.5 cup mint leaves fresh divided coarsely chopped
- 2 garlic cloves minced
- 2 teaspoons ground cumin
- 0.7 cup juice of lemon fresh
- 1.5 tablespoons lemon rind finely grated
- 0.3 cup olive oil extra-virgin

0.5 teaspoon salt

Equipment

bowl

broiler

broiler pan

Directions

Combine the lemon rind, lemon juice, olive oil, 1/4 cup chopped mint, ground cumin, salt, black pepper, and minced garlic in a large bowl.

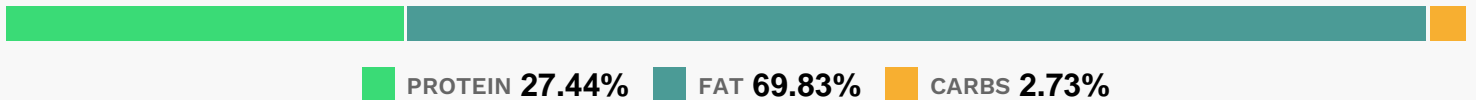
Add the chicken drumettes, and toss to coat. Cover the drumettes, and marinate in the refrigerator for 20 minutes, tossing occasionally.

Preheat the broiler.

Place half the drumettes on a broiler pan coated with cooking spray, and broil for 15 minutes or until browned. Turn the drumettes over, and broil for 10 minutes on the other side or until the drumettes are done. Repeat the procedure with the remaining drumettes.

Sprinkle drumettes with the remaining 1/4 cup chopped mint before serving (either hot or at room temperature).

Nutrition Facts



Properties

Glycemic Index:6.7, Glycemic Load:0.07, Inflammation Score:-3, Nutrition Score:8.3252175009769%

Flavonoids

Eriodictyol: 1.49mg, Eriodictyol: 1.49mg, Eriodictyol: 1.49mg, Eriodictyol: 1.49mg Hesperetin: 2.58mg, Hesperetin: 2.58mg, Hesperetin: 2.58mg, Hesperetin: 2.58mg Naringenin: 0.22mg, Naringenin: 0.22mg, Naringenin: 0.22mg, Naringenin: 0.22mg Apigenin: 0.13mg, Apigenin: 0.13mg, Apigenin: 0.13mg, Apigenin: 0.13mg Luteolin: 0.29mg, Luteolin: 0.29mg, Luteolin: 0.29mg, Luteolin: 0.29mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.07mg, Quercetin: 0.07mg, Quercetin: 0.07mg, Quercetin: 0.07mg

Nutrients (% of daily need)

Calories: 300.65kcal (15.03%), Fat: 23.16g (35.63%), Saturated Fat: 5.7g (35.65%), Carbohydrates: 2.04g (0.68%), Net Carbohydrates: 1.64g (0.6%), Sugar: 0.46g (0.51%), Cholesterol: 84.87mg (28.29%), Sodium: 198.55mg (8.63%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 20.48g (40.96%), Vitamin B3: 6.61mg (33.06%), Selenium: 17.22µg (24.6%), Vitamin B6: 0.41mg (20.36%), Phosphorus: 151.62mg (15.16%), Vitamin C: 9.16mg (11.1%), Zinc: 1.53mg (10.19%), Vitamin B5: 0.88mg (8.81%), Iron: 1.5mg (8.32%), Vitamin E: 1.15mg (7.67%), Vitamin B2: 0.11mg (6.37%), Magnesium: 24.54mg (6.13%), Potassium: 213.91mg (6.11%), Vitamin B12: 0.35µg (5.88%), Vitamin A: 264.71IU (5.29%), Manganese: 0.08mg (4.23%), Vitamin B1: 0.06mg (4.2%), Vitamin K: 3.45µg (3.28%), Copper: 0.06mg (3.14%), Calcium: 26.26mg (2.63%), Folate: 10.42µg (2.6%), Fiber: 0.4g (1.62%)