




 5%  
HEALTH SCORE

# Mahogany Chicken Wings


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

READY IN




**65 min.**

SERVINGS



**5**

CALORIES



**503 kcal**

LUNCH MAIN COURSE MAIN DISH DINNER

## Ingredients

- 3 pounds chicken wings split
- 2 tablespoons sriracha
- 2 cloves garlic finely chopped
- 1 teaspoon ground ginger
- 0.5 cup honey
- 0.3 cup blackstrap molasses
- 0.5 cup soya sauce

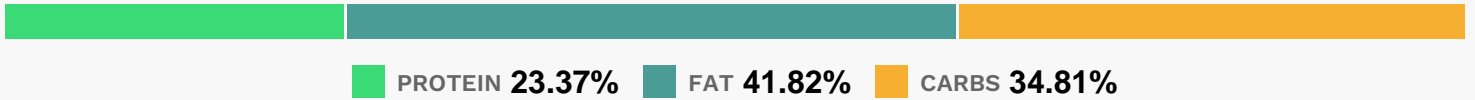
## Equipment

- bowl
- oven
- baking pan

## Directions

- Place chicken in a shallow, medium dish.
- In a medium bowl, mix soy sauce, honey, molasses, chile sauce, ground ginger and garlic.
- Pour the mixture over the chicken. Cover and refrigerate approximately 1 hour, turning occasionally.
- Preheat oven to 375 degrees F (190 degrees C).
- In a large baking dish, arrange chicken in a single layer.
- Bake in the preheated oven approximately 50 minutes, brushing with remaining soy sauce mixture often and turning once, until meat is no longer pink and juices run clear.

## Nutrition Facts



## Properties

Glycemic Index:28.25, Glycemic Load:20.38, Inflammation Score:-4, Nutrition Score:13.517391262657%

## Flavonoids

Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg

## Nutrients (% of daily need)

Calories: 503.12kcal (25.16%), Fat: 23.53g (36.2%), Saturated Fat: 6.6g (41.26%), Carbohydrates: 44.07g (14.69%), Net Carbohydrates: 43.46g (15.8%), Sugar: 42.02g (46.69%), Cholesterol: 113.16mg (37.72%), Sodium: 1745.22mg (75.88%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 29.59g (59.18%), Vitamin B3: 9.87mg (49.35%), Selenium: 26.63µg (38.04%), Vitamin B6: 0.7mg (34.96%), Manganese: 0.58mg (29.02%), Phosphorus: 233.24mg (23.32%), Magnesium: 78.34mg (19.59%), Iron: 2.99mg (16.59%), Potassium: 552.18mg (15.78%), Zinc: 2.21mg (14.71%), Vitamin B5: 1.38mg (13.81%), Vitamin B2: 0.18mg (10.58%), Copper: 0.19mg (9.57%), Vitamin B12: 0.47µg (7.84%), Vitamin B1: 0.09mg (6.25%), Calcium: 61.48mg (6.15%), Vitamin A: 216.26IU (4.33%), Vitamin E: 0.44mg (2.95%), Folate: 10.82µg (2.71%), Fiber: 0.61g (2.44%), Vitamin C: 1.58mg (1.91%)