

Mahogany Chicken Wings



Gluten Free



Dairy Free



Popular

READY IN



65 min.

SERVINGS



5

CALORIES



503 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

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

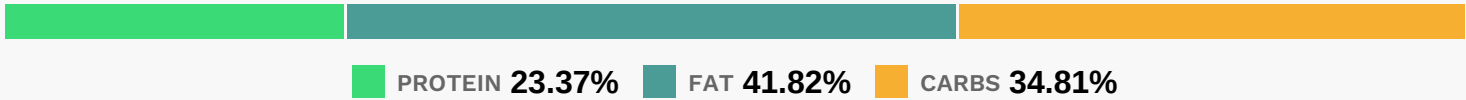
Equipment

- ☐ 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: Og (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%)