



Maple Chicken Wings



Gluten Free



Dairy Free

READY IN



105 min.

SERVINGS



6

CALORIES



456 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.5 tablespoon pepper black
- ☐ 3 pounds chicken wings
- ☐ 2 tablespoon garlic minced
- ☐ 1 tablespoon garlic powder
- ☐ 1 cups maple syrup
- ☐ 1 tablespoon onion powder
- ☐ 0.5 cup lite soy sauce
- ☐ 0.3 cup teriyaki sauce

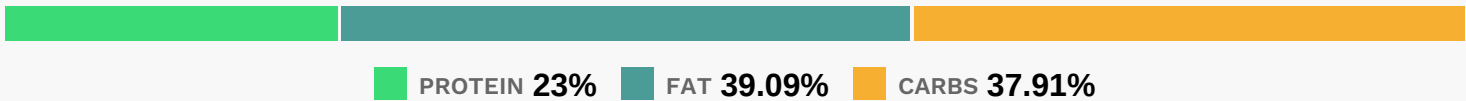
Equipment

- ☐ frying pan
- ☐ baking sheet
- ☐ oven
- ☐ baking pan

Directions

- ☐ Watch how to make this recipe.
- ☐ Preheat oven to 350 degrees F.
- ☐ Cut off chicken wing tips and snip the skin between the joints.
- ☐ Place in disposable large baking pan.
- ☐ Add the maple syrup, soy sauce, teriyaki sauce, garlic, garlic powder, onion powder, and black pepper, toss to coat.
- ☐ Place pan on baking sheet and bake for approximately 1 hours, tossing every 15 to 20 minutes. The liquid will gradually evaporate the longer you cook it.
- ☐ After 1 hour, increase the oven temperature to 425 degrees F. Turn wings to coat evenly and cook an additional 45 minutes.

Nutrition Facts



Properties

Glycemic Index:19.75, Glycemic Load:13.69, Inflammation Score:-3, Nutrition Score:15.391304345235%

Flavonoids

Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 0.05mg, Quercetin: 0.05mg, Quercetin: 0.05mg, Quercetin: 0.05mg

Nutrients (% of daily need)

Calories: 456.24kcal (22.81%), Fat: 19.63g (30.2%), Saturated Fat: 5.5g (34.4%), Carbohydrates: 42.83g (14.28%), Net Carbohydrates: 42.18g (15.34%), Sugar: 34.88g (38.76%), Cholesterol: 94.3mg (31.43%), Sodium: 1789.2mg

(77.79%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 25.99g (51.99%), Manganese: 1.49mg (74.47%), Vitamin B2: 0.84mg (49.21%), Vitamin B3: 8.31mg (41.53%), Selenium: 20.2µg (28.86%), Vitamin B6: 0.55mg (27.41%), Phosphorus: 225.58mg (22.56%), Zinc: 2.23mg (14.85%), Magnesium: 54.67mg (13.67%), Potassium: 433.53mg (12.39%), Iron: 2.17mg (12.05%), Vitamin B5: 1.08mg (10.84%), Calcium: 93.63mg (9.36%), Vitamin B1: 0.13mg (8.49%), Vitamin B12: 0.39µg (6.53%), Copper: 0.12mg (6.05%), Vitamin A: 183.01IU (3.66%), Folate: 11.2µg (2.8%), Fiber: 0.65g (2.6%), Vitamin E: 0.39mg (2.58%), Vitamin C: 1.98mg (2.4%)