



Maple Chicken Wings



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



24

CALORIES



92 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 2 pounds chicken wings
- ☐ 0.7 cup chili sauce
- ☐ 2 tablespoons dijon mustard
- ☐ 1 cup maple syrup
- ☐ 0.5 cup onion finely chopped
- ☐ 0.3 teaspoon pepper flakes red
- ☐ 2 tablespoons worcestershire sauce

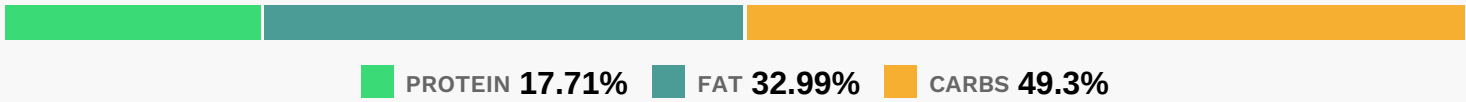
Equipment

- ☐ oven
- ☐ baking pan

Directions

- ☐ Place wings in a large plastic zipping bag; set aside.
- ☐ Combine remaining ingredients. Reserve one cup for basting; refrigerate until ready to use.
- ☐ Pour remaining marinade over wings, turning to coat. Seal bag; refrigerate for 4 hours, turning occasionally.
- ☐ Drain and discard marinade.
- ☐ Place wings in a lightly greased 13"x9" baking pan.
- ☐ Bake, uncovered, at 375 degrees for 30 to 40 minutes, basting with reserved marinade, until golden and juices run clear when pierced.

Nutrition Facts



Properties

Glycemic Index:3.98, Glycemic Load:3.37, Inflammation Score:-1, Nutrition Score:3.1973913240692%

Flavonoids

Isorhamnetin: 0.17mg, Isorhamnetin: 0.17mg, Isorhamnetin: 0.17mg, Isorhamnetin: 0.17mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Quercetin: 0.68mg, Quercetin: 0.68mg, Quercetin: 0.68mg, Quercetin: 0.68mg

Nutrients (% of daily need)

Calories: 91.76kcal (4.59%), Fat: 3.33g (5.12%), Saturated Fat: 0.92g (5.77%), Carbohydrates: 11.2g (3.73%), Net Carbohydrates: 10.9g (3.96%), Sugar: 9.35g (10.39%), Cholesterol: 15.72mg (5.24%), Sodium: 150.37mg (6.54%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 4.02g (8.05%), Manganese: 0.32mg (16.11%), Vitamin B2: 0.2mg (11.61%), Vitamin B3: 1.37mg (6.83%), Selenium: 3.7µg (5.29%), Vitamin B6: 0.09mg (4.44%), Phosphorus: 34.12mg (3.41%), Potassium: 108.57mg (3.1%), Zinc: 0.39mg (2.63%), Calcium: 21.73mg (2.17%), Vitamin C: 1.79mg (2.17%), Magnesium: 8.55mg (2.14%), Iron: 0.37mg (2.08%), Vitamin B1: 0.03mg (2.03%), Vitamin A: 89.82IU (1.8%), Vitamin B5: 0.16mg (1.64%), Vitamin E: 0.22mg (1.47%), Fiber: 0.3g (1.2%), Copper: 0.02mg (1.17%), Vitamin B12: 0.07µg (1.09%)