



Marmalade Soy Wings

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

READY IN



55 min.

SERVINGS



8

CALORIES



322 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 3 pounds chicken wings whole
- 3 garlic clove minced
- 1 teaspoon ground ginger
- 1 cup orange marmalade
- 0.3 teaspoon pepper
- 1 cup soya sauce

Equipment

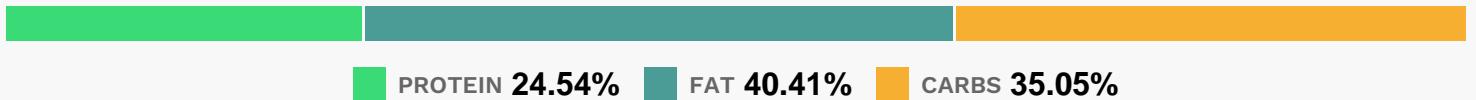
- bowl

- oven
- baking pan
- ziploc bags

Directions

- Cut chicken wings into three sections; discard wing tip sections. In a small bowl, combine the soy sauce, marmalade, garlic, ginger and pepper. Cover and refrigerate 1/2 cup marinade for basting.
- Place remaining marinade in a large resealable plastic bag.
- Add wing sections; seal bag and toss to coat evenly. Refrigerate for 8 hours or overnight.
- Drain and discard marinade.
- Place chicken wings in a greased 15-in. x 10-in. x 1-in. baking pan.
- Bake, uncovered, at 350° for 15 minutes.
- Baste with a third of the reserved marinade; bake 15 minutes longer. Baste with remaining marinade.
- Bake 10–20 minutes more or until chicken juices run clear.

Nutrition Facts



Properties

Glycemic Index:9.63, Glycemic Load:0.32, Inflammation Score:-2, Nutrition Score:8.1565217450261%

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: 322.38kcal (16.12%), Fat: 14.72g (22.64%), Saturated Fat: 4.13g (25.79%), Carbohydrates: 28.73g (9.58%), Net Carbohydrates: 28.14g (10.23%), Sugar: 24.51g (27.24%), Cholesterol: 70.73mg (23.58%), Sodium: 1709.66mg (74.33%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 20.1g (40.21%), Vitamin B3: 6.64mg (33.21%), Selenium: 15.01µg (21.44%), Vitamin B6: 0.4mg (20.14%), Phosphorus: 162.79mg (16.28%), Manganese: 0.28mg (13.96%), Iron: 1.7mg (9.43%), Zinc: 1.39mg (9.23%), Vitamin B5: 0.83mg (8.27%), Vitamin B2: 0.14mg (8.04%), Magnesium: 29.86mg (7.46%), Potassium: 228.21mg (6.52%), Copper: 0.12mg (5.91%), Vitamin B12: 0.29µg (4.9%),

Vitamin B1: 0.07mg (4.38%), Vitamin C: 2.92mg (3.53%), Calcium: 34.62mg (3.46%), Vitamin A: 160.34IU (3.21%),
Folate: 12.57µg (3.14%), Fiber: 0.59g (2.35%), Vitamin E: 0.3mg (2.01%)