



Mexican Baked Chicken Wings

READY IN



45 min.

SERVINGS



24

CALORIES



105 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 1 cup cheese dressing blue
- 0.3 cup butter melted
- 4.5 oz chilis green undrained chopped old el paso® canned ()
- 48 oz chicken drummettes
- 0.3 cup flour all-purpose gold medal®
- 2 tablespoons cilantro leaves fresh chopped
- 1 oz taco seasoning old el paso®

Equipment

- bowl
- paper towels
- oven
- aluminum foil
- ziploc bags

Directions

- Heat oven to 425°F. Line two 15x10x1-inch pans with foil. Spray foil generously with cooking spray. In small bowl, mix dressing, chiles, 1 tablespoon of the taco seasoning mix and the cilantro; refrigerate.
- In gallon-size resealable food-storage plastic bag, mix flour and remaining taco seasoning mix.
- Add chicken to bag; seal, and shake to coat chicken.
- Place 1 inch apart in pans.
- Brush tops and sides of chicken with melted butter.
- Bake 20 minutes. Turn chicken. Rotate pans, and bake 10 to 12 minutes longer or until juice of chicken is clear when thickest part is cut to bone (at least 165°F).
- Place chicken on paper towel-lined heatproof plate to drain.
- Transfer to serving platter.
- Serve with dressing.

Nutrition Facts

PROTEIN 24.56% **FAT 65.68%** **CARBS 9.76%**

Properties

Glycemic Index:6.54, Glycemic Load:0.96, Inflammation Score:-2, Nutrition Score:2.7873912926601%

Flavonoids

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

Nutrients (% of daily need)

Calories: 104.7kcal (5.23%), Fat: 7.57g (11.65%), Saturated Fat: 2.85g (17.84%), Carbohydrates: 2.53g (0.84%), Net Carbohydrates: 2.17g (0.79%), Sugar: 0.52g (0.57%), Cholesterol: 28.76mg (9.59%), Sodium: 249.87mg (10.86%),

Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 6.37g (12.74%), Vitamin B3: 1.96mg (9.78%), Selenium: 5.54µg (7.91%), Vitamin B6: 0.12mg (5.82%), Phosphorus: 51.93mg (5.19%), Vitamin A: 224.16IU (4.48%), Iron: 0.57mg (3.19%), Vitamin C: 2.6mg (3.16%), Zinc: 0.45mg (3.01%), Vitamin B2: 0.05mg (2.83%), Vitamin B5: 0.25mg (2.49%), Vitamin B12: 0.13µg (2.09%), Vitamin B1: 0.03mg (2.07%), Folate: 7.67µg (1.92%), Magnesium: 6.88mg (1.72%), Potassium: 56.88mg (1.63%), Calcium: 15.52mg (1.55%), Fiber: 0.36g (1.44%), Vitamin E: 0.17mg (1.16%)