

New Year's Eve Chicken

 Dairy Free

READY IN



75 min.

SERVINGS



8

CALORIES



291 kcal

SIDE DISH

Ingredients

- 0.3 cup apple juice
- 0.5 cup apricot preserves
- 2 pounds chicken wings
- 1 ounce onion soup mix dry
- 1.5 cups salad dressing italian
- 8 servings salt and pepper to taste

Equipment

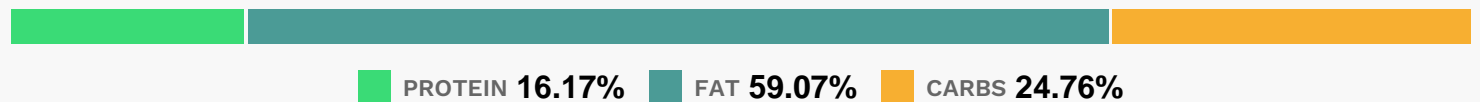
- bowl

- oven
- whisk
- baking pan

Directions

- Preheat oven to 350 degrees F (175 degrees C). Lightly grease a medium baking dish.
- Arrange the chicken wings in a single layer in the prepared baking dish. Season with salt and pepper.
- In a bowl, whisk together the Italian salad dressing, apricot jam, apple juice, and dry onion soup mix.
- Pour over the chicken.
- Cover and bake 1 hour in the preheated oven, or until chicken is no longer pink and juices run clear.
- Remove lid during final 20 minutes of cooking.

Nutrition Facts



Properties

Glycemic Index:5.09, Glycemic Load:0.35, Inflammation Score:-2, Nutrition Score:6.0756521497084%

Flavonoids

Catechin: 0.14mg, Catechin: 0.14mg, Catechin: 0.14mg, Catechin: 0.14mg Epicatechin: 0.41mg, Epicatechin: 0.41mg, Epicatechin: 0.41mg, Epicatechin: 0.41mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Quercetin: 0.09mg, Quercetin: 0.09mg, Quercetin: 0.09mg, Quercetin: 0.09mg

Nutrients (% of daily need)

Calories: 291.42kcal (14.57%), Fat: 19.13g (29.43%), Saturated Fat: 4.05g (25.31%), Carbohydrates: 18.04g (6.01%), Net Carbohydrates: 17.74g (6.45%), Sugar: 12.09g (13.43%), Cholesterol: 47.15mg (15.72%), Sodium: 966.85mg (42.04%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 11.78g (23.56%), Vitamin K: 24.72µg (23.55%), Vitamin B3: 3.75mg (18.75%), Selenium: 10.85µg (15.51%), Vitamin B6: 0.27mg (13.37%), Phosphorus: 95.9mg (9.59%), Vitamin E: 1.17mg (7.82%), Zinc: 0.9mg (5.97%), Potassium: 177.34mg (5.07%), Vitamin B5: 0.51mg (5.06%), Iron: 0.82mg (4.58%), Magnesium: 16.34mg (4.08%), Vitamin B2: 0.07mg (4.01%), Vitamin B1: 0.05mg (3.31%), Vitamin B12: 0.2µg (3.27%), Copper: 0.06mg (3.09%), Manganese: 0.06mg (3.02%), Vitamin A: 136.8IU (2.74%), Vitamin C: 2.1mg (2.54%), Calcium: 21.84mg (2.18%), Fiber: 0.29g (1.17%)