



Orange-Glazed Chicken Wings

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

READY IN



45 min.

SERVINGS



4

CALORIES



602 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 1 tablespoon brown sugar
- 4 pounds chicken wings
- 6 cloves garlic minced
- 0.5 teaspoon fresh-ground pepper black
- 1 cup orange juice fresh (from 2 oranges)
- 2 tablespoons orange zest grated (from 3 oranges)
- 1.5 teaspoons salt
- 0.3 cup soya sauce

Equipment

- bowl
- baking sheet
- oven

Directions

- Heat the oven to 40
- In a large bowl, combine the orange juice with the orange zest, garlic, soy sauce, brown sugar, salt, and pepper.
- Add the chicken wings and toss to coat.
- On two large baking sheets, arrange the wings in a single layer. Reserve 1/4 cup of the orange mixture and spoon the rest of the mixture over the wings.
- Bake for 20 minutes. Turn the wings over and baste them with the reserved orange mixture. Cook until just done, about 10 minutes longer.
- Serve this finger food with a vegetable that you can also eat with your hands, such as strips of raw fennel or jicama.
- Test-Kitchen Tip: When you grate the orange zest, remove only the orange layer of the skin, leaving the bitter white pith behind.
- Wine Recommendation: Sweet, salty, and hot, this dish really needs a wine with good acidity, moderate alcohol, and just a touch of sweetness. Look for a low-alcohol German kabinett riesling or a semi-dry riesling from the Finger Lakes region of New York.

Nutrition Facts



Properties

Glycemic Index:32.25, Glycemic Load:3.84, Inflammation Score:-6, Nutrition Score:19.585217294486%

Flavonoids

Eriodictyol: 0.11mg, Eriodictyol: 0.11mg, Eriodictyol: 0.11mg, Eriodictyol: 0.11mg Hesperetin: 7.41mg, Hesperetin: 7.41mg, Hesperetin: 7.41mg, Hesperetin: 7.41mg Naringenin: 1.33mg, Naringenin: 1.33mg, Naringenin: 1.33mg,

Naringenin: 1.33mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.1mg, Myricetin: 0.1mg, Myricetin: 0.1mg, Myricetin: 0.1mg Quercetin: 0.23mg, Quercetin: 0.23mg, Quercetin: 0.23mg, Quercetin: 0.23mg

Nutrients (% of daily need)

Calories: 602.01kcal (30.1%), Fat: 39.29g (60.45%), Saturated Fat: 11g (68.74%), Carbohydrates: 12.6g (4.2%), Net Carbohydrates: 11.88g (4.32%), Sugar: 8.41g (9.35%), Cholesterol: 188.6mg (62.87%), Sodium: 1863.2mg (81.01%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 47.22g (94.43%), Vitamin B3: 15.4mg (77%), Selenium: 38.86µg (55.52%), Vitamin B6: 0.97mg (48.71%), Vitamin C: 38.2mg (46.3%), Phosphorus: 360.74mg (36.07%), Zinc: 3.42mg (22.78%), Vitamin B5: 2.1mg (20.98%), Iron: 2.95mg (16.39%), Potassium: 568.74mg (16.25%), Vitamin B2: 0.26mg (15.55%), Magnesium: 59.21mg (14.8%), Vitamin B12: 0.78µg (13.06%), Vitamin B1: 0.19mg (12.99%), Manganese: 0.24mg (11.82%), Vitamin A: 498.43IU (9.97%), Copper: 0.17mg (8.45%), Folate: 32.12µg (8.03%), Calcium: 56.23mg (5.62%), Vitamin E: 0.77mg (5.16%), Fiber: 0.72g (2.86%), Vitamin D: 0.24µg (1.63%)