



Orange Glazed Chicken Wings



Gluten Free



Dairy Free



Low Fod Map

READY IN



25 min.

SERVINGS



36

CALORIES



69 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 18 chicken wings cut in half at joint
- ☐ 0.3 cup dijon mustard
- ☐ 0.5 cup orange marmalade
- ☐ 2 tablespoons soya sauce
- ☐ 1 tablespoon vegetable oil

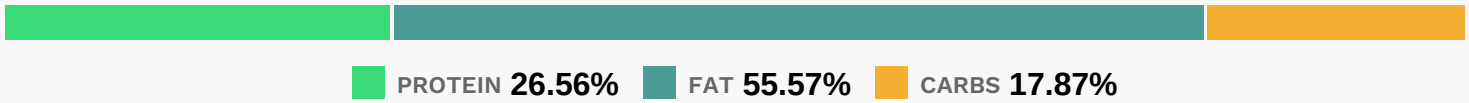
Equipment

- ☐ frying pan

Directions

- ☐ Heat the oil in a large skillet over medium-high heat.
- ☐ Add the wing pieces, and fry until golden brown on all sides, about 6 to 10 minutes.
- ☐ Spoon off any excess fat, and add the orange marmalade, mustard, and soy sauce to the skillet, stirring to blend the ingredients and coat the wing pieces. Simmer on medium heat 8 to 10 minutes, until the sauce thickens and glazes the wings.
- ☐ Serve hot.

Nutrition Facts



Properties

Glycemic Index:1.31, Glycemic Load:0.01, Inflammation Score:-1, Nutrition Score:1.7273913038814%

Nutrients (% of daily need)

Calories: 69.27kcal (3.46%), Fat: 4.27g (6.58%), Saturated Fat: 1.14g (7.12%), Carbohydrates: 3.09g (1.03%), Net Carbohydrates: 2.98g (1.08%), Sugar: 2.71g (3.01%), Cholesterol: 18.5mg (6.17%), Sodium: 94.91mg (4.13%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 4.6g (9.19%), Vitamin B3: 1.48mg (7.38%), Selenium: 4.35µg (6.21%), Vitamin B6: 0.09mg (4.41%), Phosphorus: 35.06mg (3.51%), Zinc: 0.34mg (2.24%), Vitamin B5: 0.19mg (1.94%), Iron: 0.29mg (1.59%), Vitamin B2: 0.02mg (1.47%), Magnesium: 5.64mg (1.41%), Vitamin B12: 0.08µg (1.28%), Potassium: 43.85mg (1.25%), Vitamin B1: 0.02mg (1.04%)