



Peach-Lacquered Chicken Wings



Gluten Free



Dairy Free

READY IN



35 min.

SERVINGS



6

CALORIES



439 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.7 cup apricot preserves
- ☐ 4 pounds chicken wings
- ☐ 3 garlic cloves
- ☐ 3 inch ginger peeled coarsely chopped
- ☐ 0.3 teaspoon red-pepper flakes hot
- ☐ 0.3 cup soya sauce
- ☐ 2 tablespoons water

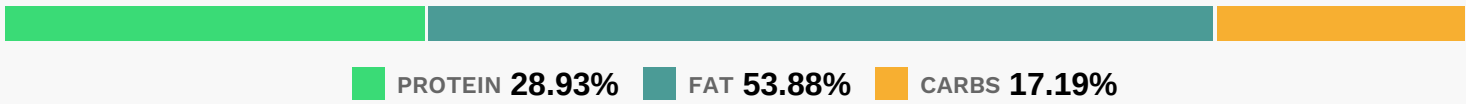
Equipment

- ☐ food processor
- ☐ frying pan
- ☐ aluminum foil
- ☐ broiler

Directions

- ☐ Preheat broiler.
- ☐ With motor running, drop garlic into a food processor and finely chop.
- ☐ Add ginger and finely chop.
- ☐ Add preserves, soy sauce, water, and red-pepper flakes and pulse until sauce is combined.
- ☐ Line bottom and sides of a large 4-sided sheet pan with foil and lightly oil foil.
- ☐ Pat wings dry and put in sheet pan. Season with 3/4 teaspoon salt.
- ☐ Pour sauce over wings and toss to coat, then spread in 1 layer.
- ☐ Broil wings 4 to 6 inches from heat 5 minutes, then turn over and baste with sauce from pan. Continue to broil, rotating pan and turning and basting 3 more times, until chicken is cooked through and browned in spots, 20 to 25 minutes.

Nutrition Facts



Properties

Glycemic Index:10, Glycemic Load:0.31, Inflammation Score:-3, Nutrition Score:11.447826022039%

Flavonoids

Catechin: 0.08mg, Catechin: 0.08mg, Catechin: 0.08mg, Catechin: 0.08mg Epicatechin: 0.07mg, Epicatechin: 0.07mg, Epicatechin: 0.07mg, Epicatechin: 0.07mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 0.11mg, Quercetin: 0.11mg, Quercetin: 0.11mg, Quercetin: 0.11mg

Nutrients (% of daily need)

Calories: 439.13kcal (21.96%), Fat: 26.19g (40.29%), Saturated Fat: 7.33g (45.81%), Carbohydrates: 18.81g (6.27%), Net Carbohydrates: 18.49g (6.73%), Sugar: 11.71g (13.01%), Cholesterol: 125.74mg (41.91%), Sodium: 852.02mg (37.04%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 31.64g (63.28%), Vitamin B3: 10.24mg (51.21%),

Selenium: 26.19µg (37.42%), Vitamin B6: 0.63mg (31.43%), Phosphorus: 236.83mg (23.68%), Zinc: 2.28mg (15.18%), Vitamin B5: 1.32mg (13.21%), Iron: 2.05mg (11.38%), Vitamin B2: 0.17mg (10.16%), Magnesium: 37.65mg (9.41%), Potassium: 324.47mg (9.27%), Vitamin B12: 0.52µg (8.71%), Manganese: 0.14mg (6.94%), Vitamin A: 318.77IU (6.38%), Copper: 0.12mg (6.23%), Vitamin B1: 0.09mg (6%), Vitamin C: 4.1mg (4.97%), Vitamin E: 0.57mg (3.77%), Calcium: 31.13mg (3.11%), Folate: 9.57µg (2.39%), Fiber: 0.31g (1.25%), Vitamin D: 0.16µg (1.09%)