



Pineapple Chicken Wings

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

READY IN



75 min.

SERVINGS



15

CALORIES



142 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 1 cup original barbecue sauce kraft
- 2.5 lb chicken wings split
- 16 oz pineapple tidbits in juice undrained canned

Equipment

- frying pan
- oven

Directions

- Heat oven to 400F.
- Place wings in 13x9-inch pan sprayed with cooking spray.
- Bake 30 min.
- Drain pineapple, reserving 1/4 cup juice.
- Mix barbecue sauce, pineapple and reserved juice.
- Add to chicken; stir to evenly coat chicken.
- Bake 30 min. or until chicken is done and sauce is thickened.

Nutrition Facts



Properties

Glycemic Index:0, Glycemic Load:0, Inflammation Score:-1, Nutrition Score:3.6304347735384%

Nutrients (% of daily need)

Calories: 141.57kcal (7.08%), Fat: 6.67g (10.27%), Saturated Fat: 1.84g (11.5%), Carbohydrates: 12.48g (4.16%), Net Carbohydrates: 11.92g (4.33%), Sugar: 10.64g (11.82%), Cholesterol: 31.43mg (10.48%), Sodium: 226.49mg (9.85%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 7.79g (15.59%), Vitamin B3: 2.62mg (13.09%), Selenium: 6.7µg (9.57%), Vitamin B6: 0.18mg (8.99%), Phosphorus: 59.82mg (5.98%), Potassium: 145.42mg (4.15%), Zinc: 0.61mg (4.04%), Vitamin C: 3.24mg (3.93%), Vitamin B1: 0.05mg (3.65%), Magnesium: 14.36mg (3.59%), Vitamin B5: 0.34mg (3.44%), Iron: 0.59mg (3.3%), Copper: 0.06mg (3.14%), Vitamin B2: 0.05mg (3.11%), Vitamin A: 117.84IU (2.36%), Fiber: 0.56g (2.26%), Vitamin B12: 0.13µg (2.18%), Vitamin E: 0.28mg (1.87%), Calcium: 16.03mg (1.6%), Manganese: 0.03mg (1.57%)