



Raspberry Glazed Wings

 Gluten Free  Dairy Free

READY IN



100 min.

SERVINGS



36

CALORIES



88 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 1.5 cups raspberry jam seedless
- 0.5 cup apple cider vinegar
- 0.5 cup soya sauce
- 6 garlic clove minced
- 2 teaspoons pepper
- 3 pounds chicken wings

Equipment

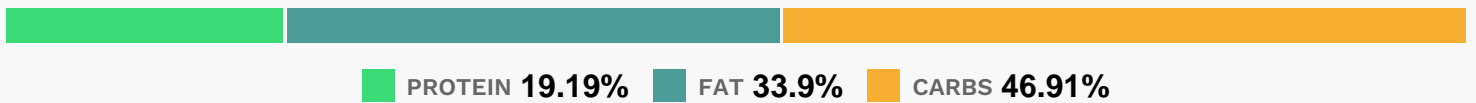
- bowl

- sauce pan
- oven
- baking pan
- aluminum foil
- slotted spoon

Directions

- In a large saucepan, combine the jam, vinegar, soy sauce, garlic and pepper. Bring to a boil; boil for 1 minute.
- Cut chicken wings into three sections; discard wing tips.
- Place wings in a large bowl; add half of the raspberry mixture and toss to coat. Cover and refrigerate for 4 hours. Cover and refrigerate remaining raspberry mixture.
- Line a 15x10x1-in. baking pan with foil and heavily grease the foil. Using a slotted spoon, place wings in pan. Discard marinade.
- Bake, uncovered, at 375° for 30 minutes, turning once.
- Meanwhile, in a small saucepan, bring reserved raspberry mixture to a boil. Reduce heat; simmer, uncovered, for 10–15 minutes or until thickened.
- Brush over wings.
- Bake 20–25 minutes longer or until chicken juices run clear, turning and basting once.

Nutrition Facts



Properties

Glycemic Index:4.78, Glycemic Load:5.38, Inflammation Score:-1, Nutrition Score:1.8578260858422%

Flavonoids

Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

Nutrients (% of daily need)

Calories: 88.35kcal (4.42%), Fat: 3.28g (5.04%), Saturated Fat: 0.92g (5.74%), Carbohydrates: 10.21g (3.4%), Net Carbohydrates: 9.99g (3.63%), Sugar: 6.94g (7.72%), Cholesterol: 15.72mg (5.24%), Sodium: 199.7mg (8.68%),

Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 4.18g (8.35%), Vitamin B3: 1.35mg (6.73%), Selenium: 3.55µg (5.08%), Vitamin B6: 0.09mg (4.36%), Phosphorus: 35.03mg (3.5%), Manganese: 0.06mg (2.81%), Iron: 0.37mg (2.03%), Vitamin B2: 0.03mg (2.02%), Zinc: 0.3mg (2.02%), Vitamin C: 1.55mg (1.87%), Vitamin B5: 0.18mg (1.76%), Potassium: 55.49mg (1.59%), Copper: 0.03mg (1.51%), Magnesium: 6.01mg (1.5%), Vitamin B12: 0.07µg (1.09%), Vitamin B1: 0.02mg (1.01%)