

# Root Beer-Glazed Chicken Wings

 Gluten Free

READY IN



30 min.

SERVINGS



30

CALORIES



95 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

## Ingredients

- 0.5 tsp ancho chile pepper powder
- 0.3 cup original barbecue sauce kraft
- 0.5 tsp butter
- 2 lb chicken wings split
- 0.5 tsp garlic minced
- 4 cups oil
- 2 Tbsp root beer
- 2 tsp shallots chopped

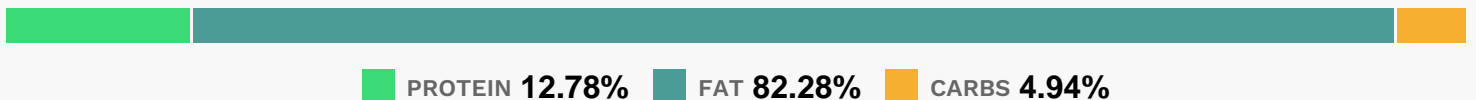
## Equipment

- bowl
- frying pan
- paper towels
- sauce pan

## Directions

- Melt butter in small saucepan on medium heat.
- Add shallots and garlic; cook and stir 1 to 2 min. or until shallots are crisp-tender.
- Stir in root beer. Return to boil; simmer until reduced by half. Stir in barbecue sauce and chile powder.
- Remove from heat.
- Heat oil in large skillet on medium heat.
- Add wings, in batches; cook 8 to 10 min. or until done, turning after 5 min.
- Drain on paper towels.
- Place wings in large bowl.
- Add barbecue sauce mixture; toss to evenly coat wings.

## Nutrition Facts



## Properties

Glycemic Index:3.67, Glycemic Load:0.01, Inflammation Score:-1, Nutrition Score:1.5865217220524%

## Nutrients (% of daily need)

Calories: 94.59kcal (4.73%), Fat: 8.67g (13.34%), Saturated Fat: 1.22g (7.6%), Carbohydrates: 1.17g (0.39%), Net Carbohydrates: 1.12g (0.41%), Sugar: 0.94g (1.04%), Cholesterol: 12.75mg (4.25%), Sodium: 37.23mg (1.62%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.03g (6.06%), Vitamin E: 1.12mg (7.45%), Vitamin B3: 0.99mg (4.95%), Vitamin K: 4.4µg (4.19%), Selenium: 2.57µg (3.68%), Vitamin B6: 0.06mg (3.03%), Phosphorus: 22.33mg (2.23%), Zinc: 0.22mg (1.49%), Vitamin B5: 0.13mg (1.31%), Vitamin A: 53.19IU (1.06%)