



Simple Marinated Chicken Wings



Gluten Free



Dairy Free

READY IN



185 min.

SERVINGS



6

CALORIES



476 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.3 cup brown sugar
- ☐ 24 chicken wings
- ☐ 2 tablespoons cooking sherry dry
- ☐ 0.5 teaspoon garlic powder
- ☐ 5 tablespoons soya sauce
- ☐ 1 teaspoon mustard yellow prepared

Equipment

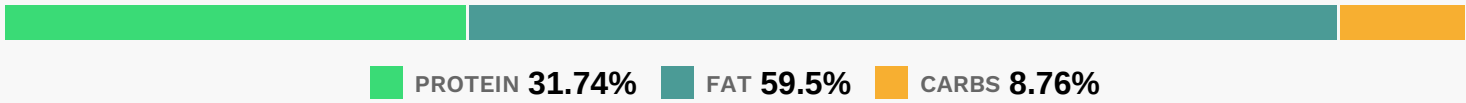
- ☐ bowl

- ☐ oven
- ☐ whisk
- ☐ plastic wrap
- ☐ baking pan

Directions

- ☐ Whisk together the soy sauce, brown sugar, sherry, mustard, and garlic powder in a bowl. Arrange the chicken wings in a 9x13-inch baking dish, and pour marinade over the chicken. Cover the baking dish with plastic wrap, and marinate in the refrigerator for at least 2 hours.
- ☐ Preheat an oven to 375 degrees F (190 degrees C).
- ☐ Remove the plastic wrap from the baking dish.
- ☐ Bake in the preheated oven until the chicken wings are no longer pink in the center, about 1 hour, basting occasionally.

Nutrition Facts



Properties

Glycemic Index:11.17, Glycemic Load:0.14, Inflammation Score:-3, Nutrition Score:12.73173903763%

Flavonoids

Catechin: 0.04mg, Catechin: 0.04mg, Catechin: 0.04mg, Catechin: 0.04mg Epicatechin: 0.03mg, Epicatechin: 0.03mg, Epicatechin: 0.03mg, Epicatechin: 0.03mg Hesperetin: 0.02mg, Hesperetin: 0.02mg, Hesperetin: 0.02mg, Hesperetin: 0.02mg Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg

Nutrients (% of daily need)

Calories: 476.04kcal (23.8%), Fat: 30.75g (47.3%), Saturated Fat: 8.62g (53.85%), Carbohydrates: 10.18g (3.39%), Net Carbohydrates: 10.01g (3.64%), Sugar: 9.21g (10.24%), Cholesterol: 148.02mg (49.34%), Sodium: 990.37mg (43.06%), Alcohol: 0.51g (100%), Alcohol %: 0.29% (100%), Protein: 36.91g (73.81%), Vitamin B3: 12.01mg (60.03%), Selenium: 30.38µg (43.39%), Vitamin B6: 0.71mg (35.69%), Phosphorus: 276.46mg (27.65%), Zinc: 2.64mg (17.62%), Vitamin B5: 1.55mg (15.48%), Iron: 2.29mg (12.72%), Vitamin B2: 0.19mg (11.39%), Magnesium: 42.52mg (10.63%), Vitamin B12: 0.62µg (10.25%), Potassium: 351.67mg (10.05%), Vitamin B1: 0.1mg (6.94%), Manganese: 0.13mg (6.35%), Vitamin A: 283.18IU (5.66%), Copper: 0.11mg (5.28%), Vitamin E: 0.58mg (3.88%), Calcium: 34.85mg (3.48%), Folate: 10.71µg (2.68%), Vitamin C: 1.35mg (1.64%), Vitamin D: 0.19µg (1.28%)