



Slow-Cooker Party Wings

 Gluten Free  Dairy Free

READY IN



345 min.

SERVINGS



45

CALORIES



51 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 1 cup & spicy barbecue sauce sweet kraft
- 3 lb chicken wings split
- 2 Tbsp honey
- 0.3 cup orange juice

Equipment

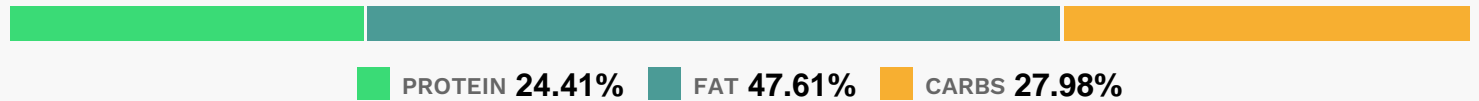
- baking sheet
- oven
- aluminum foil

slow cooker

Directions

- Heat oven to 400F.
- Place chicken on foil-covered rimmed baking sheet sprayed with cooking spray.
- Bake 30 min.
- Transfer chicken to slow cooker; discard foil with any drippings.
- Mix remaining ingredients until blended.
- Pour over chicken; stir to evenly coat. Cover with lid.
- Cook on LOW 5 to 6 hours (or on HIGH 2-1/2 to 3 hours).

Nutrition Facts



Properties

Glycemic Index:2.32, Glycemic Load:0.47, Inflammation Score:-1, Nutrition Score:1.2221739123697%

Flavonoids

Hesperetin: 0.16mg, Hesperetin: 0.16mg, Hesperetin: 0.16mg, Hesperetin: 0.16mg Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg

Nutrients (% of daily need)

Calories: 50.64kcal (2.53%), Fat: 2.65g (4.08%), Saturated Fat: 0.73g (4.59%), Carbohydrates: 3.51g (1.17%), Net Carbohydrates: 3.44g (1.25%), Sugar: 2.99g (3.32%), Cholesterol: 12.57mg (4.19%), Sodium: 77.43mg (3.37%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.06g (6.12%), Vitamin B3: 1.01mg (5.06%), Selenium: 2.62µg (3.75%), Vitamin B6: 0.06mg (3.13%), Phosphorus: 23.1mg (2.31%), Zinc: 0.23mg (1.54%), Vitamin B5: 0.14mg (1.39%), Potassium: 43.46mg (1.24%), Iron: 0.2mg (1.12%), Vitamin B2: 0.02mg (1.1%), Vitamin C: 0.85mg (1.03%)