



Slow-Cooker Spicy Asian Barbecued Drumettes

 Gluten Free  Dairy Free

READY IN



195 min.

SERVINGS



4

CALORIES



538 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 1 cup barbecue sauce
- 3 lb chicken wings (20)
- 3 cloves garlic finely chopped
- 0.3 teaspoon pepper
- 0.5 teaspoon salt
- 1 tablespoon soya sauce
- 1 tablespoon sriracha

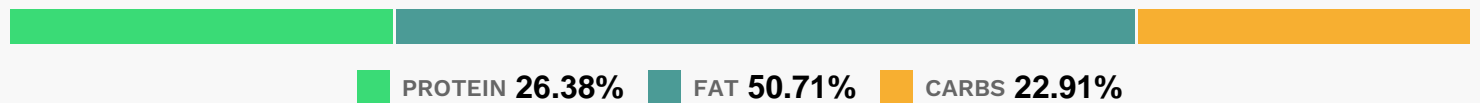
Equipment

- bowl
- frying pan
- oven
- slow cooker
- broiler pan

Directions

- Set oven control to broil. Spray 3 1/2- to 4-quart slow cooker with cooking spray. Spray broiler pan rack with cooking spray.
- Sprinkle drumettes with salt and pepper.
- Place on rack in pan.
- Broil 3 inches from heat 8 minutes or until browned.
- Place drumettes in slow cooker. In small bowl, mix barbecue sauce, Sriracha sauce, soy sauce and garlic; pour over drumettes.
- Cover; cook on Low heat setting 3 hours.
- Serve with sauce for dipping.
- Garnish with sesame seed and onions.

Nutrition Facts



Properties

Glycemic Index:19.25, Glycemic Load:0.26, Inflammation Score:-4, Nutrition Score:13.808261021324%

Flavonoids

Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 0.04mg, Quercetin: 0.04mg, Quercetin: 0.04mg, Quercetin: 0.04mg

Nutrients (% of daily need)

Calories: 537.53kcal (26.88%), Fat: 29.82g (45.88%), Saturated Fat: 8.27g (51.68%), Carbohydrates: 30.3g (10.1%), Net Carbohydrates: 29.54g (10.74%), Sugar: 23.88g (26.53%), Cholesterol: 141.45mg (47.15%), Sodium: 1498.91mg (65.17%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 34.9g (69.81%), Vitamin B3: 11.52mg (57.58%), Selenium: 29.77µg (42.52%), Vitamin B6: 0.74mg (36.95%), Phosphorus: 266.64mg (26.66%), Zinc: 2.62mg (17.44%), Vitamin B5: 1.56mg (15.6%), Potassium: 477.42mg (13.64%), Iron: 2.38mg (13.21%), Vitamin B2: 0.21mg (12.58%), Magnesium: 45.11mg (11.28%), Manganese: 0.2mg (10.08%), Vitamin B12: 0.59µg (9.8%), Vitamin A: 436.36IU (8.73%), Vitamin B1: 0.11mg (7.54%), Vitamin E: 1.13mg (7.53%), Copper: 0.14mg (7.12%), Vitamin C: 4.85mg (5.88%), Calcium: 51.61mg (5.16%), Fiber: 0.77g (3.07%), Folate: 9.87µg (2.47%), Vitamin K: 1.61µg (1.53%), Vitamin D: 0.18µg (1.22%)