 4%
HEALTH SCORE

Slow Cooker Spicy Hot Wings

 **Gluten Free**  **Dairy Free**  **Popular**

READY IN



14 min.

SERVINGS



4

CALORIES



489 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 0.5 cup brown sugar
- 0.5 cup brown sugar
- 1 tsp ground pepper
- 2 pounds chicken wings
- 1 Tbsp garlic crushed
- 0.5 cup hot sauce

Equipment

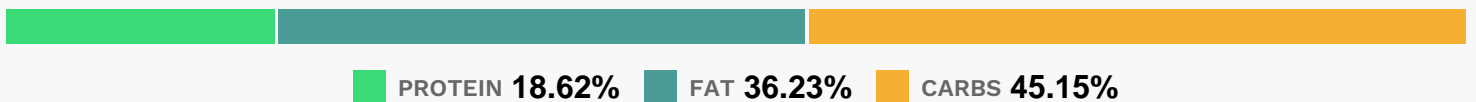
- baking sheet

- oven
- mixing bowl
- grill
- broiler
- slow cooker

Directions

- Yes, these are called SPICY hot wings for a reason. I like adding the brown sugar to give them a little sweeter taste, but it is by far a delicious spicy recipe more than anything. To get started, mix the brown sugar, crushed garlic, hot sauce, and cayenne pepper into a medium mixing bowl.
- Mix well and then set aside. Take the cooking spray and spray the entire inside portion of the slow cooker AND also the wings. (Spraying the wings before you grill, bake, or cook chicken keeps the flavor and makes them super juicy. TRUST ME.) Take the wings and add them into the mixing bowl with your spices and toss to get a good even coat over the wings.
- Place in the slow cooker on low for 4 hours. After 4 hours, remove carefully and place on a prepared cookie sheet.
- Place in the oven under broiler setting for 4-6 minutes, allowing the wings to get a little crisp.
- Serve immediately with a little blue cheese dressing and celery.

Nutrition Facts



Properties

Glycemic Index:15.5, Glycemic Load:0.23, Inflammation Score:-4, Nutrition Score:10.478260869565%

Flavonoids

Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg

Taste

Sweetness: 85.5%, Saltiness: 100%, Sourness: 13.28%, Bitterness: 16.42%, Savoriness: 69.52%, Fattiness: 55.42%, Spiciness: 100%

Nutrients (% of daily need)

Calories: 488.59kcal (24.43%), Fat: 19.76g (30.4%), Saturated Fat: 5.52g (34.49%), Carbohydrates: 55.4g (18.47%), Net Carbohydrates: 55.14g (20.05%), Sugar: 53.79g (59.77%), Cholesterol: 94.3mg (31.43%), Sodium: 898.18mg (39.05%), Protein: 22.85g (45.7%), Vitamin B3: 7.45mg (37.24%), Vitamin C: 24.27mg (29.41%), Selenium: 19.97µg (28.52%), Vitamin B6: 0.53mg (26.71%), Phosphorus: 171.54mg (17.15%), Zinc: 1.71mg (11.42%), Vitamin B5: 1.06mg (10.56%), Iron: 1.77mg (9.82%), Potassium: 324.49mg (9.27%), Vitamin A: 416.06IU (8.32%), Vitamin B2: 0.14mg (8.16%), Magnesium: 29.68mg (7.42%), Calcium: 67.03mg (6.7%), Vitamin B12: 0.39µg (6.53%), Manganese: 0.11mg (5.72%), Vitamin B1: 0.08mg (5%), Copper: 0.09mg (4.61%), Vitamin E: 0.54mg (3.59%), Folate: 7.79µg (1.95%), Vitamin K: 1.12µg (1.06%), Fiber: 0.25g (1.02%)