



## Slow-Cooker Teriyaki Chicken Wings

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

READY IN



**370 min.**

SERVINGS



**24**

CALORIES



**160 kcal**

ANTIPASTI

STARTER

SNACK

APPETIZER

### Ingredients

- 0.5 cup brown sugar packed
- 4 lb chicken wings
- 1 teaspoon garlic powder
- 0.8 cup granulated sugar
- 1 teaspoon ground ginger
- 0.3 cup pineapple juice
- 1 cup soya sauce
- 0.3 cup vegetable oil

0.8 cup water

## Equipment

bowl

slow cooker

## Directions

In very large bowl, mix all ingredients except chicken wings.

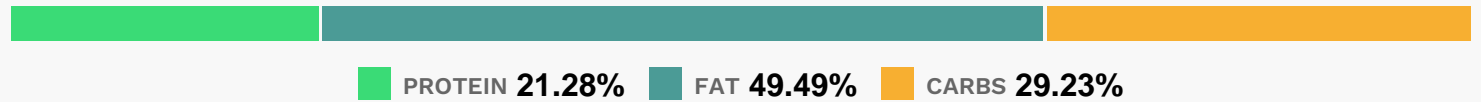
Add chicken; toss gently to coat. Refrigerate at least 2 hours to marinate.

Remove chicken from marinade; place in 4- to 6-quart slow cooker.

Add about 1 cup of the marinade; discard any remaining marinade.

Cover; cook on High heat setting 4 to 5 hours or until juice of chicken is clear when thickest part is cut to bone (165°F).

## Nutrition Facts



## Properties

Glycemic Index:5.67, Glycemic Load:4.58, Inflammation Score:-1, Nutrition Score:3.5013043854548%

## Nutrients (% of daily need)

Calories: 159.98kcal (8%), Fat: 8.83g (13.58%), Saturated Fat: 2.18g (13.62%), Carbohydrates: 11.73g (3.91%), Net Carbohydrates: 11.62g (4.23%), Sugar: 11.1g (12.33%), Cholesterol: 31.43mg (10.48%), Sodium: 571.64mg (24.85%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 8.54g (17.08%), Vitamin B3: 2.82mg (14.1%), Selenium: 6.58µg (9.39%), Vitamin B6: 0.17mg (8.46%), Phosphorus: 67.49mg (6.75%), Manganese: 0.1mg (5.01%), Vitamin K: 4.18µg (3.99%), Zinc: 0.6mg (3.98%), Iron: 0.69mg (3.81%), Vitamin B5: 0.36mg (3.58%), Vitamin B2: 0.05mg (3.1%), Magnesium: 12.27mg (3.07%), Potassium: 96.19mg (2.75%), Vitamin B12: 0.13µg (2.18%), Vitamin E: 0.31mg (2.06%), Copper: 0.04mg (1.82%), Vitamin B1: 0.03mg (1.82%), Vitamin A: 60.16IU (1.2%), Calcium: 11.43mg (1.14%)