



## Slow-Cooker Teriyaki-Inspired Chicken Wings

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

READY IN



**370 min.**

SERVINGS



**24**

CALORIES



**160 kcal**

ANTIPASTI

STARTER

SNACK

APPETIZER

### Ingredients

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

- 4 lb chicken wings
- 1 serving spring onion sliced

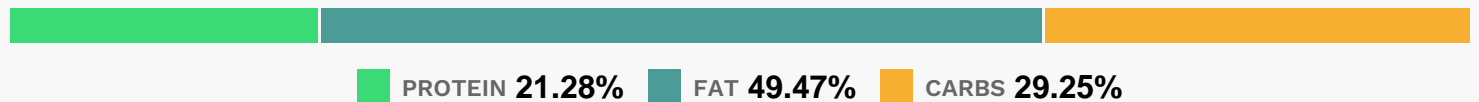
## Equipment

- bowl
- slow cooker

## Directions

- In very large bowl, mix all ingredients except chicken wings and green onions until smooth and sugar is completely dissolved.
- Add chicken wings; stir gently until wings are coated in marinade. 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 to the slow cooker; 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). To serve, transfer chicken wings to a large platter; sprinkle with green onions.
- Serve with cooked white rice, if desired.

## Nutrition Facts



## Properties

Glycemic Index:7, Glycemic Load:4.58, Inflammation Score:-1, Nutrition Score:3.5369564981564%

## Flavonoids

Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg

## Nutrients (% of daily need)

Calories: 160.06kcal (8%), Fat: 8.83g (13.58%), Saturated Fat: 2.18g (13.62%), Carbohydrates: 11.74g (3.92%), Net Carbohydrates: 11.63g (4.23%), Sugar: 11.1g (12.34%), Cholesterol: 31.43mg (10.48%), Sodium: 571.68mg (24.86%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 8.55g (17.09%), Vitamin B3: 2.82mg (14.11%), Selenium: 6.58µg (9.4%), Vitamin B6: 0.17mg (8.46%), Phosphorus: 67.58mg (6.76%), Manganese: 0.1mg (5.03%), Vitamin K: 4.7µg

(4.48%), Zinc: 0.6mg (3.98%), Iron: 0.69mg (3.83%), Vitamin B5: 0.36mg (3.58%), Vitamin B2: 0.05mg (3.11%), Magnesium: 12.32mg (3.08%), Potassium: 96.88mg (2.77%), Vitamin B12: 0.13µg (2.18%), Vitamin E: 0.31mg (2.07%), Copper: 0.04mg (1.83%), Vitamin B1: 0.03mg (1.83%), Vitamin A: 62.65IU (1.25%), Calcium: 11.61mg (1.16%), Folate: 4.09µg (1.02%)