



Smokin' Sweet Chicken Wings with Cherry Barbecue Glaze

 Gluten Free

READY IN



40 min.

SERVINGS



40

CALORIES



73 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 40 servings pepper black freshly ground
- ☐ 0.8 cup cherry preserves sour
- ☐ 3.5 pounds chicken wings split
- ☐ 1 large habanero chile minced seeded large
- ☐ 0.3 cup juice of lime freshly squeezed
- ☐ 40 servings salt
- ☐ 0.5 onion sweet such as vidalia, finely chopped medium

- ☐ 2 tablespoons butter unsalted

Equipment

- ☐ bowl
- ☐ sauce pan
- ☐ blender
- ☐ grill
- ☐ broiler

Directions

- ☐ In a medium saucepan, melt the butter.
- ☐ Add the chopped sweet onion and cook over moderate heat, stirring occasionally, until the onion is softened and lightly browned, about 5 minutes.
- ☐ Add three-fourths of the minced habanero chile and cook for 1 minute, just until softened. Scrape the onion and habanero into a blender, add the cherry preserves and lime juice and puree until smooth. Return the cherry glaze to the saucepan and bring it to a boil over moderately high heat. Stir in the remaining minced habanero chile and season the glaze with salt and black pepper.
- ☐ Transfer the glaze to a small bowl.
- ☐ Light a grill or preheat a broiler and position a rack 8 inches from the heat source. Season the chicken wings all over with salt and black pepper and grill over moderately high heat, turning occasionally, until lightly charred and crispy, about 20 minutes. Alternatively, broil the wings for about 20 minutes, turning occasionally, until they are crispy.
- ☐ Transfer the chicken wings to a large bowl and toss with one-third of the cherry glaze. Return the wings to the grill or broiler and cook, turning once, just until sticky and caramelized, about 2 minutes. Return the chicken wings to the bowl and toss with another one-third of the cherry glaze.
- ☐ Transfer the glazed chicken wings to a serving platter and serve with the remaining glaze on the side.

Nutrition Facts



 PROTEIN **22.32%**  FAT **50.09%**  CARBS **27.59%**

Properties

Glycemic Index:3.3, Glycemic Load:2.4, Inflammation Score:-1, Nutrition Score:1.676956506527%

Flavonoids

Eriodictyol: 0.04mg, Eriodictyol: 0.04mg, Eriodictyol: 0.04mg, Eriodictyol: 0.04mg Hesperetin: 0.18mg, Hesperetin: 0.18mg, Hesperetin: 0.18mg, Hesperetin: 0.18mg Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg Quercetin: 0.61mg, Quercetin: 0.61mg, Quercetin: 0.61mg, Quercetin: 0.61mg

Nutrients (% of daily need)

Calories: 72.5kcal (3.63%), Fat: 4g (6.16%), Saturated Fat: 1.32g (8.26%), Carbohydrates: 4.96g (1.65%), Net Carbohydrates: 4.82g (1.75%), Sugar: 3.35g (3.72%), Cholesterol: 18.01mg (6%), Sodium: 211.97mg (9.22%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 4.01g (8.03%), Vitamin B3: 1.29mg (6.43%), Selenium: 3.49µg (4.98%), Vitamin B6: 0.08mg (4.2%), Phosphorus: 31.33mg (3.13%), Vitamin C: 1.87mg (2.27%), Zinc: 0.3mg (1.99%), Vitamin B5: 0.17mg (1.75%), Vitamin B2: 0.03mg (1.5%), Iron: 0.26mg (1.45%), Potassium: 47.97mg (1.37%), Magnesium: 4.89mg (1.22%), Manganese: 0.02mg (1.18%), Vitamin B12: 0.07µg (1.16%), Vitamin A: 52.98IU (1.06%)