



## Smoky Cranberry Chicken Wings

 Gluten Free  Dairy Free

READY IN



185 min.

SERVINGS



16

CALORIES



130 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

### Ingredients

- 2 lb chicken wings
- 16 oz roasted cranberry sauce canned
- 0.5 cup barbecue sauce
- 0.3 cup onion chopped

### Equipment

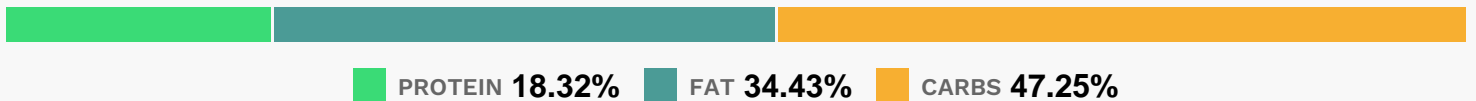
- bowl
- frying pan
- sauce pan

- baking paper
- oven
- aluminum foil

## Directions

- Cut each chicken wing at joints to make 3 pieces; discard tip.
- Cut off and discard excess skin.
- In large bowl, mix remaining ingredients.
- Add chicken; stir to coat well. Cover and refrigerate 2 to 3 hours, stirring occasionally.
- Heat oven to 375°F. Line 15x10x1-inch pan with foil or cooking parchment paper; lightly spray foil or paper with cooking spray.
- Remove chicken from marinade; reserve marinade.
- Place chicken in pan.
- Bake 50 to 60 minutes or until well browned and no longer pink in center. Meanwhile, in 1-quart saucepan, heat marinade to boiling over medium-high heat. Reduce heat to medium; cook 3 to 4 minutes longer, stirring occasionally, until slightly thickened.
- Brush chicken with sauce halfway through baking.

## Nutrition Facts



## Properties

Glycemic Index:1.69, Glycemic Load:0.07, Inflammation Score:-1, Nutrition Score:2.4960869453523%

## Flavonoids

Cyanidin: 0.03mg, Cyanidin: 0.03mg, Cyanidin: 0.03mg, Cyanidin: 0.03mg Delphinidin: 0.01mg, Delphinidin: 0.01mg, Delphinidin: 0.01mg, Delphinidin: 0.01mg Pelargonidin: 0.01mg, Pelargonidin: 0.01mg, Pelargonidin: 0.01mg, Pelargonidin: 0.01mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 0.17mg, Isorhamnetin: 0.17mg, Isorhamnetin: 0.17mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Myricetin: 0.77mg, Myricetin: 0.77mg, Myricetin: 0.77mg, Myricetin: 0.77mg Quercetin: 1.36mg, Quercetin: 1.36mg, Quercetin: 1.36mg, Quercetin: 1.36mg

## Nutrients (% of daily need)

Calories: 129.75kcal (6.49%), Fat: 4.99g (7.68%), Saturated Fat: 1.38g (8.62%), Carbohydrates: 15.41g (5.14%), Net Carbohydrates: 14.96g (5.44%), Sugar: 12.12g (13.47%), Cholesterol: 23.58mg (7.86%), Sodium: 115.96mg (5.04%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 5.98g (11.95%), Vitamin B3: 1.9mg (9.5%), Selenium: 4.99µg (7.13%), Vitamin B6: 0.12mg (6.09%), Phosphorus: 44.3mg (4.43%), Zinc: 0.44mg (2.91%), Vitamin E: 0.43mg (2.85%), Iron: 0.47mg (2.62%), Vitamin B5: 0.25mg (2.53%), Potassium: 81.3mg (2.32%), Vitamin B2: 0.04mg (2.28%), Manganese: 0.04mg (1.9%), Magnesium: 7.57mg (1.89%), Fiber: 0.45g (1.8%), Vitamin B12: 0.1µg (1.63%), Vitamin A: 77IU (1.54%), Vitamin B1: 0.02mg (1.5%), Copper: 0.03mg (1.38%)