



Spiced Bat Wings(Chicken Wings)

 Gluten Free

READY IN



35 min.

SERVINGS



10

CALORIES



238 kcal

SIDE DISH

Ingredients

- ☐ 3 tablespoons butter melted
- ☐ 2 lbs chicken wings
- ☐ 4 teaspoons curry powder
- ☐ 1 teaspoon ground cinnamon
- ☐ 2 teaspoons ground ginger
- ☐ 1 cup mango chutney
- ☐ 0.3 teaspoon salt

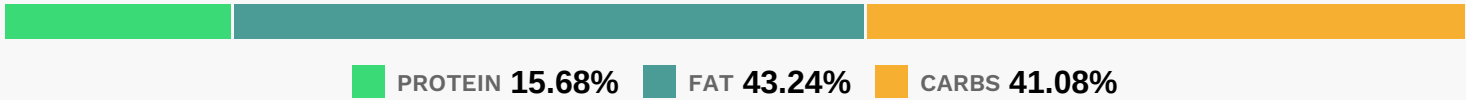
Equipment

- ☐ frying pan
- ☐ oven
- ☐ aluminum foil

Directions

- ☐ Put curry powder, ginger, cinnamon and salt in large resealable plastic storage bag.²
- ☐ Add chicken and seal.³ Shake bag until chicken is evenly coated with the spices.⁴ Chill for at least 3 hours or overnight.⁵
- ☐ Heat oven to 350°F⁶ Arrange chicken on foil-lined 15x10x1-inch jelly-roll pan.⁷
- ☐ Drizzle or brush with butter.⁸
- ☐ Bake for 30–35 minutes or until chicken is golden brown and juices run clear when pierced with a fork.⁹
- ☐ Serve chicken with chutney. Enjoy!

Nutrition Facts



Properties

Glycemic Index:11.5, Glycemic Load:12.69, Inflammation Score:-2, Nutrition Score:4.708260908075%

Nutrients (% of daily need)

Calories: 237.82kcal (11.89%), Fat: 11.38g (17.51%), Saturated Fat: 4.39g (27.41%), Carbohydrates: 24.34g (8.11%), Net Carbohydrates: 23.54g (8.56%), Sugar: 16.53g (18.37%), Cholesterol: 46.75mg (15.58%), Sodium: 132.33mg (5.75%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 9.29g (18.57%), Vitamin B3: 2.99mg (14.93%), Selenium: 8.68µg (12.4%), Manganese: 0.22mg (11.25%), Vitamin B6: 0.19mg (9.52%), Phosphorus: 75.72mg (7.57%), Iron: 0.97mg (5.37%), Zinc: 0.73mg (4.84%), Vitamin B2: 0.07mg (4.32%), Vitamin C: 3.44mg (4.17%), Vitamin B5: 0.39mg (3.89%), Vitamin A: 185.57IU (3.71%), Potassium: 122.11mg (3.49%), Magnesium: 13.27mg (3.32%), Fiber: 0.8g (3.21%), Copper: 0.06mg (3.16%), Vitamin E: 0.47mg (3.11%), Vitamin B12: 0.16µg (2.73%), Vitamin B1: 0.03mg (2.09%), Calcium: 20.01mg (2%), Folate: 7.12µg (1.78%), Vitamin K: 1.16µg (1.1%)