



Spicy Chicken Wings

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

READY IN



25 min.

SERVINGS



25

CALORIES



155 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 2 lb chicken wings cooked (20 wings)
- 1 cup honey
- 2 Tbsp pepper sauce hot
- 2 cups seasons dressing mix italian good prepared
- 2 Tbsp soya sauce

Equipment

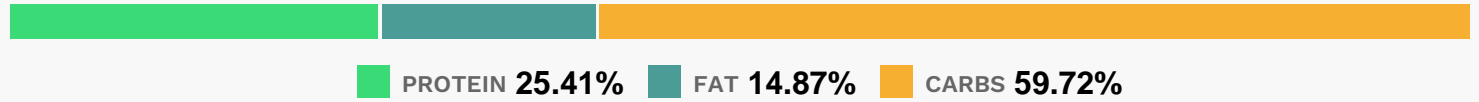
- bowl
- baking sheet

- oven
- aluminum foil

Directions

- Preheat oven to 350F.
- Mix dressing, honey, hot pepper sauce and soy sauce in medium bowl.
- Divide sauce in half. Dip cooked chicken wings into half of the sauce; place in single layer on foil-covered baking sheet.
- Bake 15 minutes or until wings are hot and bubbly.
- Serve with the remaining sauce.

Nutrition Facts



Properties

Glycemic Index:2.69, Glycemic Load:5.84, Inflammation Score:-1, Nutrition Score:3.0586956680307%

Nutrients (% of daily need)

Calories: 155.42kcal (7.77%), Fat: 2.41g (3.71%), Saturated Fat: 0.66g (4.11%), Carbohydrates: 21.79g (7.26%), Net Carbohydrates: 21.75g (7.91%), Sugar: 11.17g (12.41%), Cholesterol: 27.22mg (9.07%), Sodium: 1555.21mg (67.62%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 9.27g (18.55%), Vitamin B3: 2.94mg (14.68%), Selenium: 9.05µg (12.92%), Vitamin B6: 0.16mg (7.83%), Phosphorus: 72.2mg (7.22%), Zinc: 0.59mg (3.92%), Vitamin B5: 0.37mg (3.68%), Vitamin B2: 0.06mg (3.62%), Iron: 0.54mg (2.97%), Potassium: 94.7mg (2.71%), Magnesium: 8.52mg (2.13%), Vitamin B12: 0.11µg (1.75%), Vitamin B1: 0.02mg (1.58%), Copper: 0.03mg (1.39%), Manganese: 0.02mg (1.24%), Vitamin C: 0.85mg (1.03%)