



Spicy Citrus Chicken Wings

 Gluten Free  Dairy Free

READY IN



85 min.

SERVINGS



25

CALORIES



176 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 7 lb chicken wings split
- 0.5 cup honey
- 0.3 cup orange juice
- 1 Tbsp pepper sauce hot
- 0.7 oz env. seasons dressing mix italian good

Equipment

- bowl
- broiler

broiler pan

Directions

- Mix first 4 ingredients in large bowl until blended. Reserve 1/4 cup of the honey mixture; refrigerate until ready to use.
- Add chicken to remaining honey mixture; toss to coat. Refrigerate 1 hour to marinate.
- Preheat broiler.
- Remove chicken from marinade; discard marinade.
- Place wings on rack of broiler pan.
- Broil, 4 inches from heat, 16 to 20 min. or until chicken is done, turning occasionally and brushing with the reserved honey mixture for the last 5 min.

Nutrition Facts



Properties

Glycemic Index:4.17, Glycemic Load:3.04, Inflammation Score:-1, Nutrition Score:4.3317391584911%

Flavonoids

Hesperetin: 0.3mg, Hesperetin: 0.3mg, Hesperetin: 0.3mg, Hesperetin: 0.3mg Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

Nutrients (% of daily need)

Calories: 176.25kcal (8.81%), Fat: 10.96g (16.86%), Saturated Fat: 3.07g (19.21%), Carbohydrates: 6.29g (2.1%), Net Carbohydrates: 6.27g (2.28%), Sugar: 5.78g (6.42%), Cholesterol: 52.81mg (17.6%), Sodium: 123.64mg (5.38%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 12.61g (25.22%), Vitamin B3: 4.08mg (20.42%), Selenium: 10.69µg (15.27%), Vitamin B6: 0.24mg (12.17%), Phosphorus: 91.28mg (9.13%), Zinc: 0.93mg (6.19%), Vitamin B5: 0.54mg (5.35%), Iron: 0.69mg (3.82%), Vitamin B2: 0.06mg (3.77%), Vitamin B12: 0.22µg (3.66%), Potassium: 116.22mg (3.32%), Magnesium: 12.78mg (3.19%), Vitamin C: 2.14mg (2.6%), Vitamin B1: 0.04mg (2.36%), Vitamin A: 106.62IU (2.13%), Copper: 0.03mg (1.59%), Vitamin E: 0.21mg (1.38%)