



Spicy Grilled Chicken Wings

 **Gluten Free**  **Dairy Free**  **Low Fod Map**

READY IN



10 min.

SERVINGS



6

CALORIES



353 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 1.5 cups barbecue sauce
- 40 oz chicken wing sections frozen
- 0.8 cup hot sauce

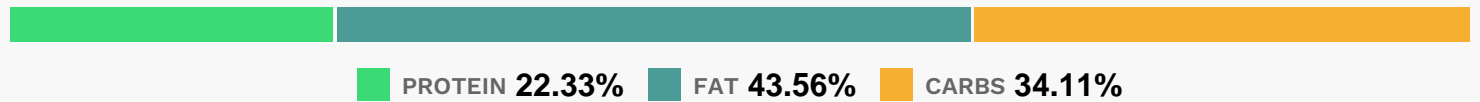
Equipment

- grill
- ziploc bags

Directions

- Combine 1 1/2 cups barbecue sauce and 3/4 cup hot sauce in a large zip-top plastic bag; remove and reserve 3/4 cup sauce.
- Add 1 (40-oz.) package frozen chicken wing sections, thawed, to bag. Seal and chill at least 3 hours or up to 24 hours.
- Remove chicken from marinade, discarding marinade. Grill chicken, covered with grill lid, over medium-high heat 20 minutes or until done, turning occasionally. Toss wings with reserved 3/4 cup sauce.

Nutrition Facts



Properties

Glycemic Index:0, Glycemic Load:0, Inflammation Score:-4, Nutrition Score:9.7673912022425%

Nutrients (% of daily need)

Calories: 352.85kcal (17.64%), Fat: 16.86g (25.94%), Saturated Fat: 4.62g (28.87%), Carbohydrates: 29.7g (9.9%), Net Carbohydrates: 28.96g (10.53%), Sugar: 24.12g (26.8%), Cholesterol: 78.58mg (26.19%), Sodium: 1603.85mg (69.73%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 19.45g (38.89%), Vitamin B3: 6.55mg (32.76%), Vitamin C: 23.58mg (28.59%), Selenium: 16.75µg (23.93%), Vitamin B6: 0.46mg (22.9%), Phosphorus: 152.32mg (15.23%), Potassium: 368.29mg (10.52%), Zinc: 1.51mg (10.08%), Vitamin B5: 0.93mg (9.32%), Vitamin B2: 0.15mg (9.09%), Iron: 1.57mg (8.73%), Magnesium: 29.17mg (7.29%), Vitamin A: 358.79IU (7.18%), Manganese: 0.12mg (6.16%), Vitamin E: 0.91mg (6.09%), Vitamin B12: 0.33µg (5.44%), Copper: 0.1mg (5.09%), Vitamin B1: 0.08mg (5.08%), Calcium: 38.24mg (3.82%), Fiber: 0.73g (2.93%), Vitamin K: 2.01µg (1.91%), Folate: 7.31µg (1.83%)