



## Spicy Honey BBQ Wings

 Gluten Free  Dairy Free

READY IN



75 min.

SERVINGS



15

CALORIES



62 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

### Ingredients

- 0.5 cup original barbecue sauce divided kraft
- 1 lb chicken wings split
- 2 Tbsp chipotle peppers in adobo sauce canned chopped
- 2 Tbsp honey

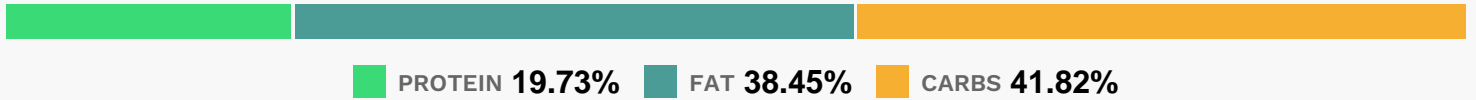
### Equipment

- bowl
- grill

## Directions

- Mix peppers, honey and 1/4 cup barbecue sauce.
- Pour over chicken in shallow dish; toss to coat. Refrigerate 1 hour to marinate.
- Heat grill to medium heat.
- Remove chicken from marinade; discard marinade. Grill wings 8 to 10 min. or until done, turning after 5 min.
- Place wings in large bowl.
- Add remaining barbecue sauce; toss to coat.

## Nutrition Facts



## Properties

Glycemic Index:3.48, Glycemic Load:1.2, Inflammation Score:-1, Nutrition Score:1.3086956331263%

## Nutrients (% of daily need)

Calories: 62.49kcal (3.12%), Fat: 2.67g (4.1%), Saturated Fat: 0.74g (4.6%), Carbohydrates: 6.53g (2.18%), Net Carbohydrates: 6.24g (2.27%), Sugar: 5.6g (6.22%), Cholesterol: 12.57mg (4.19%), Sodium: 110.25mg (4.79%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.08g (6.16%), Vitamin B3: 1.03mg (5.14%), Selenium: 2.68µg (3.82%), Vitamin B6: 0.06mg (3.25%), Phosphorus: 23.57mg (2.36%), Zinc: 0.24mg (1.6%), Iron: 0.28mg (1.53%), Vitamin B5: 0.14mg (1.43%), Potassium: 49.05mg (1.4%), Vitamin B2: 0.02mg (1.22%), Fiber: 0.29g (1.17%), Magnesium: 4.23mg (1.06%)