



Spicy Honey-Molasses Wings

 Dairy Free

READY IN



45 min.

SERVINGS



48

CALORIES



91 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 2.5 cups spicy catsup
- ☐ 5 pounds chicken wings
- ☐ 0.5 teaspoon chili powder
- ☐ 0.5 cup honey
- ☐ 0.5 cup blackstrap molasses
- ☐ 0.5 teaspoon onion powder
- ☐ 0.5 teaspoon optional: smoke-flavored cooking sauce
- ☐ 1 teaspoon salt

- ☐ 0.7 cup vinegar
- ☐ 1 teaspoon worcestershire sauce

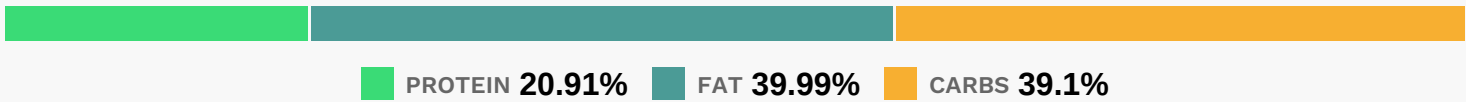
Equipment

- ☐ frying pan
- ☐ sauce pan
- ☐ oven
- ☐ slow cooker

Directions

- ☐ Arrange wings in a greased 15"x10" jelly-roll pan.
- ☐ Bake, uncovered, at 375 degrees for 30 minutes.
- ☐ Drain; turn wings and return to oven for an additional 20 to 25 minutes.
- ☐ While wings are baking, combine remaining ingredients in a large saucepan. Bring to a boil; reduce heat and simmer, uncovered, for 25 to 30 minutes.
- ☐ Arrange 1/3 of wings in a large slow cooker; top with one cup sauce. Repeat layers twice. Cover and cook on low setting for 3 to 4 hours; stir gently before serving.

Nutrition Facts



Properties

Glycemic Index:3.05, Glycemic Load:2.67, Inflammation Score:-1, Nutrition Score:2.5734782354987%

Flavonoids

Quercetin: 0.11mg, Quercetin: 0.11mg, Quercetin: 0.11mg, Quercetin: 0.11mg

Nutrients (% of daily need)

Calories: 91.18kcal (4.56%), Fat: 4.1g (6.31%), Saturated Fat: 1.15g (7.16%), Carbohydrates: 9.02g (3.01%), Net Carbohydrates: 8.97g (3.26%), Sugar: 8.21g (9.12%), Cholesterol: 19.65mg (6.55%), Sodium: 184.67mg (8.03%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 4.83g (9.65%), Vitamin B3: 1.73mg (8.66%), Selenium: 4.72µg (6.74%), Vitamin B6: 0.13mg (6.7%), Phosphorus: 38.51mg (3.85%), Manganese: 0.08mg (3.81%), Magnesium: 14.89mg (3.72%), Potassium: 129.71mg (3.71%), Iron: 0.48mg (2.66%), Vitamin B2: 0.05mg (2.65%), Zinc: 0.38mg

(2.54%), Vitamin B5: 0.23mg (2.32%), Vitamin A: 107.91IU (2.16%), Copper: 0.04mg (2.01%), Vitamin E: 0.27mg (1.78%), Vitamin B12: 0.08µg (1.36%), Calcium: 12.87mg (1.29%), Vitamin B1: 0.02mg (1.02%)