



## Spicy Tequila Sunrise Chicken Wings

 Gluten Free

READY IN



280 min.

SERVINGS



6

CALORIES



987 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- ☐ 0.5 cup butter
- ☐ 2 pounds chicken wings
- ☐ 0.3 cup chili sauce thai-style
- ☐ 10 ounce jalapeño pepper jelly prepared
- ☐ 1 cup orange juice
- ☐ 1 cup tequila
- ☐ 0.5 gallon vegetable oil for frying

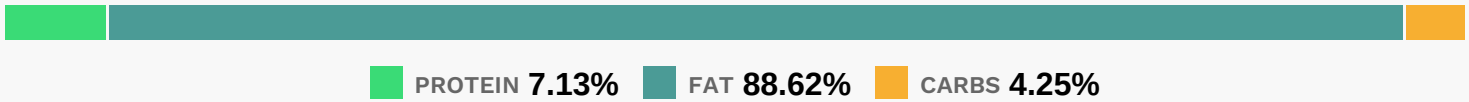
### Equipment

- ☐ bowl
- ☐ paper towels
- ☐ sauce pan
- ☐ whisk
- ☐ ziploc bags

## Directions

- ☐ Whisk jalapeno pepper jelly, orange juice, and tequila together in a bowl until smooth; pour into a large resealable plastic bag.
- ☐ Add chicken wings, coat with the marinade, squeeze to remove excess air, and seal the bag. Marinate in the refrigerator 4 hours to overnight.
- ☐ Heat oil in a deep-fryer or large saucepan to 375 degrees F (190 degrees C).
- ☐ Remove chicken wings from the marinade and shake to remove excess moisture. Blot wings dry with paper towel. Discard the remaining marinade.
- ☐ Fry chicken wings in batches in hot oil until golden brown on the outside and no longer pink on the inside, 10 to 15 minutes per batch.
- ☐ Drain on a wire baking rack.
- ☐ Melt butter in a saucepan over medium heat. Stir chili sauce into the melted butter until the color is consistent; pour into a large stainless steel bowl.
- ☐ Add chicken wings and toss to coat in the sauce.

## Nutrition Facts



## Properties

Glycemic Index:24.83, Glycemic Load:2.76, Inflammation Score:-9, Nutrition Score:19.387391466161%

## Flavonoids

Eriodictyol: 0.07mg, Eriodictyol: 0.07mg, Eriodictyol: 0.07mg, Eriodictyol: 0.07mg Hesperetin: 4.94mg, Hesperetin: 4.94mg, Hesperetin: 4.94mg, Hesperetin: 4.94mg Naringenin: 0.88mg, Naringenin: 0.88mg, Naringenin: 0.88mg, Naringenin: 0.88mg Luteolin: 0.63mg, Luteolin: 0.63mg, Luteolin: 0.63mg, Luteolin: 0.63mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 2.5mg, Quercetin: 2.5mg, Quercetin: 2.5mg, Quercetin: 2.5mg

Quercetin: 2.5mg

Nutrients (% of daily need)

Calories: 986.58kcal (49.33%), Fat: 89.14g (137.14%), Saturated Fat: 22.66g (141.63%), Carbohydrates: 9.63g (3.21%), Net Carbohydrates: 7.95g (2.89%), Sugar: 6.94g (7.71%), Cholesterol: 103.54mg (34.51%), Sodium: 335.89mg (14.6%), Alcohol: 13.36g (100%), Alcohol %: 3.12% (100%), Protein: 16.13g (32.26%), Vitamin K: 121.9µg (116.09%), Vitamin C: 79.1mg (95.87%), Vitamin E: 7.56mg (50.38%), Vitamin B3: 5.8mg (29.02%), Vitamin B6: 0.52mg (25.97%), Vitamin A: 1262.11IU (25.24%), Selenium: 13.2µg (18.86%), Phosphorus: 139.14mg (13.91%), Potassium: 374.64mg (10.7%), Vitamin B5: 0.87mg (8.74%), Zinc: 1.22mg (8.16%), Vitamin B2: 0.13mg (7.84%), Folate: 30.01µg (7.5%), Vitamin B1: 0.11mg (7.26%), Magnesium: 28.07mg (7.02%), Fiber: 1.68g (6.71%), Iron: 1.1mg (6.11%), Vitamin B12: 0.29µg (4.89%), Copper: 0.1mg (4.83%), Manganese: 0.07mg (3.68%), Calcium: 26.83mg (2.68%)