



## Spicy Vampire Bat Wings

 Gluten Free

READY IN



90 min.

SERVINGS



12

CALORIES



212 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- 0.7 cup original barbecue sauce kraft
- 3 lb chicken wings whole
- 1 Tbsp chili powder
- 6 Tbsp chipotle peppers in adobo sauce canned divided chopped
- 1 cup knudsen cream sour
- 1 Tbsp garlic minced
- 1 green onion sliced
- 1 tsp ground pepper red (cayenne)

- 6 Tbsp juice of lime divided
- 2 tsp lime zest

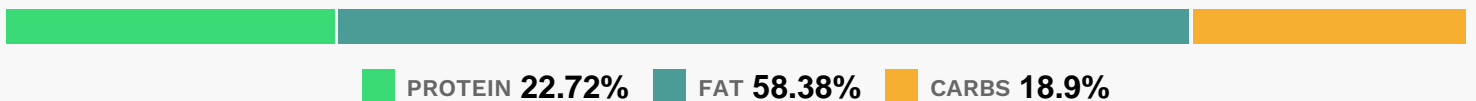
## Equipment

- baking sheet
- oven

## Directions

- Mix chili powder, garlic, ground red pepper, and 5 Tbsp. each lime juice and chipotle peppers until blended; pour over chicken in large shallow dish. Turn to evenly coat both sides of wings. Refrigerate 30 min. to marinate, turning wings after 15 min. Meanwhile, mix remaining chipotle peppers and barbecue sauce until blended.
- Heat oven to 400F.
- Remove wings from marinade; place in single layer on baking sheet sprayed with cooking spray. Discard marinade.
- Bake wings 35 to 40 min. or until wings are done, turning after 20 min.
- Brush with half the barbecue sauce mixture; bake 5 min., turning and brushing with remaining barbecue sauce mixture after 3 min.
- Combine sour cream, onions, zest and remaining lime juice.
- Serve with the wings.

## Nutrition Facts



## Properties

Glycemic Index:10.5, Glycemic Load:0.1, Inflammation Score:-4, Nutrition Score:5.9843478734079%

## Flavonoids

Eriodictyol: 0.16mg, Eriodictyol: 0.16mg, Eriodictyol: 0.16mg, Eriodictyol: 0.16mg Hesperetin: 0.82mg, Hesperetin: 0.82mg, Hesperetin: 0.82mg, Hesperetin: 0.82mg Naringenin: 0.04mg, Naringenin: 0.04mg, Naringenin: 0.04mg, Naringenin: 0.04mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.16mg, Quercetin: 0.16mg

Quercetin: 0.16mg, Quercetin: 0.16mg

## Nutrients (% of daily need)

Calories: 211.87kcal (10.59%), Fat: 13.73g (21.12%), Saturated Fat: 4.71g (29.43%), Carbohydrates: 10g (3.33%), Net Carbohydrates: 8.75g (3.18%), Sugar: 6.65g (7.39%), Cholesterol: 58.46mg (19.49%), Sodium: 225.78mg (9.82%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 12.02g (24.05%), Vitamin B3: 3.85mg (19.27%), Selenium: 10.67µg (15.24%), Vitamin B6: 0.26mg (13.18%), Vitamin A: 519.42IU (10.39%), Phosphorus: 103.51mg (10.35%), Zinc: 0.96mg (6.37%), Vitamin B2: 0.11mg (6.2%), Vitamin B5: 0.58mg (5.8%), Iron: 1.04mg (5.77%), Potassium: 186.92mg (5.34%), Fiber: 1.25g (4.98%), Vitamin E: 0.71mg (4.71%), Vitamin C: 3.56mg (4.31%), Magnesium: 17.21mg (4.3%), Vitamin B12: 0.24µg (3.94%), Calcium: 37.46mg (3.75%), Vitamin K: 3.53µg (3.36%), Manganese: 0.06mg (3.08%), Vitamin B1: 0.04mg (2.86%), Copper: 0.05mg (2.61%), Folate: 5.7µg (1.42%)