



Sticky Red Wings



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



557 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 3 pounds chicken wings
- ☐ 3 tablespoons jalapeño chilies fresh minced
- ☐ 2 tablespoons cider vinegar
- ☐ 1 cup cranberry juice blend
- ☐ 2 teaspoons garlic minced
- ☐ 1 cup pomegranate juice
- ☐ 3 tablespoons pomegranate seeds
- ☐ 0.5 teaspoon salad oil

- ☐ 4 servings salt
- ☐ 0.3 cup sugar

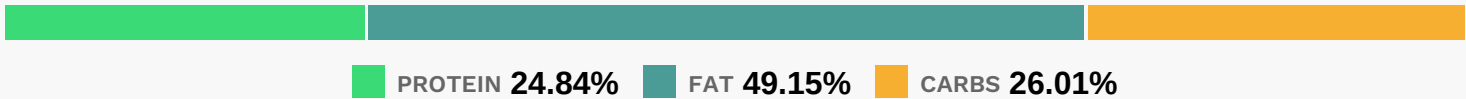
Equipment

- ☐ frying pan
- ☐ oven
- ☐ spatula

Directions

- ☐ Rinse wings, drain, and cut apart at joints; reserve tips for other uses.
- ☐ Place remaining chicken in a single layer in a 10- by 15-inch nonstick pan.
- ☐ Bake in a 400 oven until brown and crisp, about 1 hour, turning pieces occasionally with a wide spatula.
- ☐ Meanwhile, in a 10- to 12-inch nonstick frying pan over high heat, stir oil, garlic, and chilies until vegetables are limp, 2 to 3 minutes.
- ☐ Add pomegranate juice, cranberry juice, sugar, and vinegar. Bring to a boil, stirring until sugar dissolves. Boil until reduced to 2/3 cup, about 15 minutes.
- ☐ Drain and discard fat from chicken wings.
- ☐ Pour pomegranate sauce over wings and turn pieces with spatula.
- ☐ Bake until sauce thickens and sticks to wings, about 12 minutes, turning pieces often to prevent scorching.
- ☐ Place wings on a platter.
- ☐ Sprinkle with pomegranate seeds.
- ☐ Add salt to taste.
- ☐ Serve hot.

Nutrition Facts



Properties

Glycemic Index:77.02, Glycemic Load:17.57, Inflammation Score:-5, Nutrition Score:15.781304514926%

Flavonoids

Cyanidin: 1.49mg, Cyanidin: 1.49mg, Cyanidin: 1.49mg, Cyanidin: 1.49mg Delphinidin: 0.5mg, Delphinidin: 0.5mg, Delphinidin: 0.5mg, Delphinidin: 0.5mg Pelargonidin: 0.06mg, Pelargonidin: 0.06mg, Pelargonidin: 0.06mg, Pelargonidin: 0.06mg Catechin: 0.05mg, Catechin: 0.05mg, Catechin: 0.05mg, Catechin: 0.05mg Epigallocatechin: 0.02mg, Epigallocatechin: 0.02mg, Epigallocatechin: 0.02mg, Epigallocatechin: 0.02mg Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 0.72mg, Quercetin: 0.72mg, Quercetin: 0.72mg, Quercetin: 0.72mg Gallocatechin: 0.02mg, Gallocatechin: 0.02mg, Gallocatechin: 0.02mg, Gallocatechin: 0.02mg

Nutrients (% of daily need)

Calories: 556.77kcal (27.84%), Fat: 30.34g (46.68%), Saturated Fat: 8.34g (52.13%), Carbohydrates: 36.13g (12.04%), Net Carbohydrates: 35.36g (12.86%), Sugar: 34.31g (38.13%), Cholesterol: 141.45mg (47.15%), Sodium: 336.91mg (14.65%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 34.51g (69.01%), Vitamin B3: 11.27mg (56.36%), Selenium: 29.16µg (41.65%), Vitamin B6: 0.78mg (39.24%), Vitamin C: 25.01mg (30.32%), Phosphorus: 269.34mg (26.93%), Zinc: 2.65mg (17.69%), Vitamin B5: 1.66mg (16.59%), Potassium: 543.14mg (15.52%), Vitamin K: 13.5µg (12.86%), Iron: 2.17mg (12.03%), Vitamin B2: 0.2mg (11.93%), Vitamin E: 1.78mg (11.87%), Magnesium: 45.91mg (11.48%), Vitamin B12: 0.59µg (9.8%), Manganese: 0.17mg (8.58%), Vitamin B1: 0.12mg (8.12%), Vitamin A: 405.74IU (8.11%), Copper: 0.16mg (8.09%), Folate: 29.83µg (7.46%), Calcium: 40.18mg (4.02%), Fiber: 0.78g (3.1%), Vitamin D: 0.18µg (1.22%)