

Sticky Wings



Gluten Free



Dairy Free

READY IN



48 min.

SERVINGS



6

CALORIES



282 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 2 pounds chicken wings cut in 2 pieces at joint
- ☐ 2 tablespoons asian chili sauce
- ☐ 2 cloves garlic finely chopped
- ☐ 0.5 cup green onion chopped
- ☐ 1 teaspoon ground ginger
- ☐ 0.3 cup honey
- ☐ 2 tablespoons oyster sauce
- ☐ 2 tablespoons asian sesame oil dark

☐ 2 tablespoons soya sauce

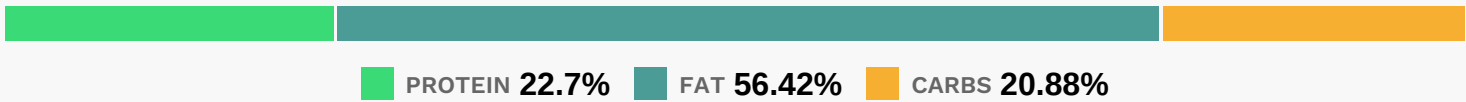
Equipment

- ☐ bowl
- ☐ oven
- ☐ baking pan

Directions

- ☐ Heat oven to 450 degrees F. Grease large baking pan.
- ☐ Combine green onion, honey, soy sauce, chili sauce, oyster sauce, sesame oil, ginger and garlic in large bowl.
- ☐ Add wings; toss to coat.
- ☐ Place wings with sauce in single layer in prepared baking pan.
- ☐ Bake, turning occasionally, 25 minutes or until chicken is evenly browned.
- ☐ Increase oven temperature to broil. Broil wings 6 inches from heat, turning occasionally, for 8 minutes or until sauce is thick enough to coat back of spoon.
- ☐ Remove wings to platter; spoon sauce over.

Nutrition Facts



Properties

Glycemic Index:21.55, Glycemic Load:6.33, Inflammation Score:-3, Nutrition Score:7.5091303561045%

Flavonoids

Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 0.91mg, Quercetin: 0.91mg, Quercetin: 0.91mg, Quercetin: 0.91mg

Nutrients (% of daily need)

Calories: 281.98kcal (14.1%), Fat: 17.78g (27.35%), Saturated Fat: 4.34g (27.11%), Carbohydrates: 14.8g (4.93%), Net Carbohydrates: 14.3g (5.2%), Sugar: 12.58g (13.98%), Cholesterol: 62.87mg (20.96%), Sodium: 627.72mg (27.29%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 16.09g (32.18%), Vitamin B3: 5.34mg (26.72%), Selenium: 13.51µg

(19.3%), Vitamin K: 18.16µg (17.3%), Vitamin B6: 0.33mg (16.48%), Phosphorus: 125.23mg (12.52%), Manganese: 0.2mg (10.01%), Zinc: 1.21mg (8.08%), Iron: 1.23mg (6.86%), Vitamin B5: 0.67mg (6.72%), Vitamin B2: 0.11mg (6.21%), Potassium: 200.58mg (5.73%), Magnesium: 20.85mg (5.21%), Vitamin B12: 0.29µg (4.76%), Vitamin A: 237.29IU (4.75%), Vitamin C: 3.33mg (4.04%), Copper: 0.07mg (3.67%), Vitamin B1: 0.05mg (3.64%), Vitamin E: 0.45mg (3.02%), Folate: 11.39µg (2.85%), Calcium: 22.96mg (2.3%), Fiber: 0.5g (2%)