



Sunny Anderson's Caribbean Chicken Wings

 Dairy Free

READY IN



70 min.

SERVINGS



6

CALORIES



332 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 teaspoon allspice
- ☐ 2 tablespoons apple cider vinegar
- ☐ 1 teaspoon cayenne pepper
- ☐ 3 pounds chicken wings
- ☐ 1 teaspoon thyme leaves dried
- ☐ 1 teaspoon fennel seeds
- ☐ 2 cloves garlic chopped
- ☐ 1 tablespoon granulated sugar

- ☐ 0.5 teaspoon ground ginger
- ☐ 0.5 habanero pepper seeded chopped
- ☐ 2 tablespoons honey
- ☐ 2 tablespoons brown sugar light packed
- ☐ 2 tablespoons juice of lime fresh
- ☐ 2 tablespoons orange juice fresh
- ☐ 2 scallions chopped
- ☐ 2 tablespoons soya sauce

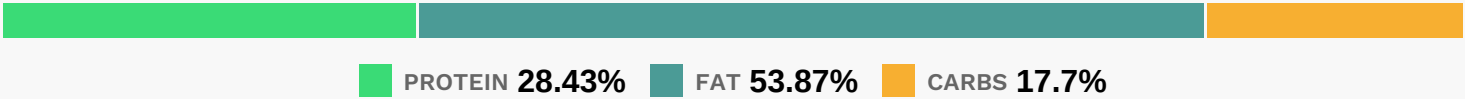
Equipment

- ☐ baking sheet
- ☐ sauce pan
- ☐ baking paper
- ☐ oven
- ☐ blender
- ☐ ziploc bags

Directions

- ☐ Combine the habanero, soy sauce, honey, both sugars, fennel seeds, cayenne, allspice, thyme, ginger, garlic and scallions in a blender.
- ☐ Add the vinegar, lime juice and orange juice and blend until smooth.
- ☐ Place the wings in a large resealable plastic bag and pour the marinade over them. Seal and refrigerate 4 to 6 hours.
- ☐ Preheat the oven to 350 degrees F. Line 2 baking sheets with parchment paper.
- ☐ Remove the wings from the bag, place on the lined sheets and bake 20 minutes. Meanwhile, bring the marinade to a boil in a small saucepan over medium heat and cook until reduced by one-third, about 10 minutes.
- ☐ Remove the wings from the oven and brush with the glaze. Raise the oven temperature to 400 degrees F and continue to bake until the wings are cooked through, 20 more minutes.
- ☐ Photograph by Con Poulos

Nutrition Facts



Properties

Glycemic Index:63.89, Glycemic Load:5, Inflammation Score:-5, Nutrition Score:10.043478273827%

Flavonoids

Eriodictyol: 0.12mg, Eriodictyol: 0.12mg, Eriodictyol: 0.12mg, Eriodictyol: 0.12mg Hesperetin: 1.13mg, Hesperetin: 1.13mg, Hesperetin: 1.13mg, Hesperetin: 1.13mg Naringenin: 0.14mg, Naringenin: 0.14mg, Naringenin: 0.14mg, Naringenin: 0.14mg Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 0.48mg, Quercetin: 0.48mg, Quercetin: 0.48mg, Quercetin: 0.48mg

Nutrients (% of daily need)

Calories: 331.72kcal (16.59%), Fat: 19.76g (30.4%), Saturated Fat: 5.52g (34.51%), Carbohydrates: 14.6g (4.87%), Net Carbohydrates: 13.99g (5.09%), Sugar: 12.5g (13.88%), Cholesterol: 94.3mg (31.43%), Sodium: 428.06mg (18.61%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 23.46g (46.92%), Vitamin B3: 7.66mg (38.29%), Selenium: 19.47µg (27.82%), Vitamin B6: 0.48mg (23.98%), Phosphorus: 178.92mg (17.89%), Zinc: 1.75mg (11.67%), Vitamin K: 11.58µg (11.02%), Manganese: 0.21mg (10.3%), Iron: 1.83mg (10.14%), Vitamin B5: 1mg (9.99%), Vitamin C: 8.03mg (9.73%), Vitamin B2: 0.13mg (7.81%), Vitamin A: 389.1IU (7.78%), Potassium: 270.74mg (7.74%), Magnesium: 30.42mg (7.61%), Vitamin B12: 0.39µg (6.53%), Vitamin B1: 0.08mg (5.15%), Copper: 0.08mg (4.17%), Calcium: 36.16mg (3.62%), Vitamin E: 0.52mg (3.47%), Folate: 12.09µg (3.02%), Fiber: 0.61g (2.45%)