



## Sweet and Spicy Sticky Wings

 Gluten Free

READY IN



75 min.

SERVINGS



6

CALORIES



419 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- 2 tablespoons butter
- 3 pounds chicken wings separated
- 2 chipotle peppers minced
- 4 cloves garlic minced
- 1 tablespoon ginger minced
- 3 green onions sliced
- 0.5 cup honey
- 6 servings kosher salt and pepper black freshly ground

0.5 cup soya sauce low-sodium

0.3 cup rice wine vinegar

## Equipment

bowl

sauce pan

oven

## Directions

Watch how to make this recipe.

Preheat the oven to 425 degrees F. Spray a large rimmed sheet tray with nonstick spray.

Place the chicken on the sheet tray and sprinkle lightly with salt and pepper.

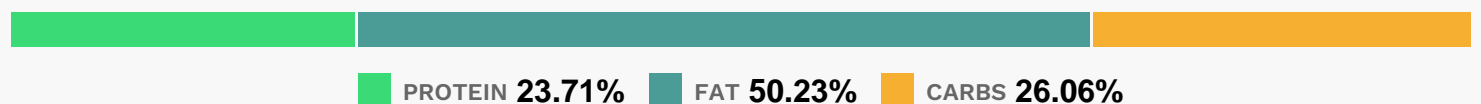
Bake until cooked through and crisp, about 45 minutes.

Meanwhile, combine the honey, soy sauce, vinegar, butter, garlic, chipotle and ginger together in a medium saucepan. Bring to a simmer and cook on low until thick and syrupy, about 15 minutes.

Add the cooked wings to the bowl of sauce. Toss until completely coated.

Add to a platter and sprinkle with the green onions.

## Nutrition Facts



## Properties

Glycemic Index:43.55, Glycemic Load:12.46, Inflammation Score:-4, Nutrition Score:10.438260899938%

## Flavonoids

Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 0.68mg, Quercetin: 0.68mg, Quercetin: 0.68mg, Quercetin: 0.68mg

## Nutrients (% of daily need)

Calories: 419.01kcal (20.95%), Fat: 23.54g (36.22%), Saturated Fat: 7.93g (49.58%), Carbohydrates: 27.48g (9.16%), Net Carbohydrates: 26.36g (9.59%), Sugar: 24.45g (27.17%), Cholesterol: 104.34mg (34.78%), Sodium: 889.23mg

(38.66%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 25g (50%), Vitamin B3: 7.59mg (37.96%), Selenium: 19.75µg (28.21%), Vitamin B6: 0.5mg (25.01%), Phosphorus: 205.45mg (20.54%), Zinc: 1.92mg (12.77%), Vitamin K: 12.95µg (12.33%), Vitamin B2: 0.18mg (10.51%), Vitamin B5: 1.05mg (10.51%), Magnesium: 39.84mg (9.96%), Manganese: 0.2mg (9.95%), Iron: 1.71mg (9.51%), Potassium: 312.63mg (8.93%), Vitamin A: 357.2IU (7.14%), Vitamin B12: 0.4µg (6.66%), Vitamin B1: 0.08mg (5.01%), Folate: 19µg (4.75%), Fiber: 1.12g (4.47%), Copper: 0.09mg (4.32%), Vitamin E: 0.6mg (4.01%), Vitamin C: 2.81mg (3.4%), Calcium: 33.09mg (3.31%)