

 3%
HEALTH SCORE

Sweet Spicy Wings

 Gluten Free

READY IN



45 min.

SERVINGS



12

CALORIES



463 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 0.8 cup butter
- 1 teaspoon ground pepper to taste
- 6 pounds chicken wings separated
- 1 pinch garlic salt
- 1 pinch pepper black
- 1 cup honey
- 1.5 cups hot sauce louisiana-style

Equipment

- sauce pan
- oven
- roasting pan
- grill

Directions

- Preheat an outdoor grill for high heat.
- Lightly oil the grill grate. Grill the chicken 8 to 12 minutes on each side, or until juices run clear. (You can deep fry or bake the chicken instead if you want to, but it is best when grilled.)
- Remove chicken to a large roasting pan.
- In a saucepan over medium heat, mix the hot sauce, butter, honey, garlic salt, black pepper, and cayenne pepper. Simmer about 10 minutes, until blended and heated through.
- Pour the sauce over the grilled chicken wings and stir to coat.

Nutrition Facts



Properties

Glycemic Index:13.86, Glycemic Load:12.16, Inflammation Score:-5, Nutrition Score:10.028695596301%

Nutrients (% of daily need)

Calories: 463.34kcal (23.17%), Fat: 31.2g (48.01%), Saturated Fat: 12.8g (80%), Carbohydrates: 23.91g (7.97%), Net Carbohydrates: 23.72g (8.62%), Sugar: 23.6g (26.22%), Cholesterol: 124.81mg (41.6%), Sodium: 977.94mg (42.52%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 22.83g (45.66%), Vitamin B3: 7.39mg (36.94%), Vitamin C: 23.57mg (28.56%), Selenium: 19.37µg (27.67%), Vitamin B6: 0.49mg (24.35%), Phosphorus: 170mg (17%), Vitamin A: 652.57IU (13.05%), Zinc: 1.74mg (11.61%), Vitamin B5: 1.01mg (10.06%), Vitamin B2: 0.15mg (8.79%), Iron: 1.44mg (8.02%), Potassium: 255.82mg (7.31%), Vitamin B12: 0.42µg (6.93%), Magnesium: 24.66mg (6.17%), Vitamin E: 0.78mg (5.22%), Vitamin B1: 0.07mg (4.72%), Copper: 0.07mg (3.48%), Manganese: 0.06mg (3.19%), Calcium: 22.48mg (2.25%), Folate: 7.87µg (1.97%), Vitamin K: 1.86µg (1.77%)