

# Tequila Lime Wings

 **Gluten Free**  **Dairy Free**

READY IN



80 min.

SERVINGS



4

CALORIES



205 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

## Ingredients

- 1 teaspoon chiles in adobo sauce
- 1 tablespoon agave syrup
- 1 pound chicken wings cut into segments, tips removed and discarded
- 1 teaspoon ground cumin
- 0.5 cup juice of lime
- 1 teaspoon lime zest
- 0.5 tablespoon freshly cracked pepper
- 1 tablespoon freshly cracked pepper black

- 0.5 teaspoon salt
- 1 tablespoon salt
- 0.3 cup tequila

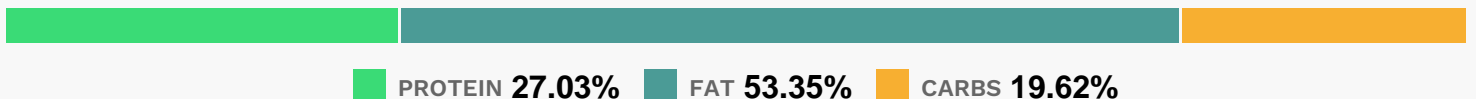
## Equipment

- bowl
- baking sheet
- oven
- grill
- ziploc bags

## Directions

- Preheat the oven to 350 degrees F.
- Season the wings with salt and pepper. Arrange the chicken wings on a baking sheet in a single layer. Put in the preheated oven and cook for 45 minutes.
- Remove the wings from the oven to a bowl and allow to cool. Cover and refrigerate until ready to finish at the event on the barbecue.
- Combine all of the ingredients in a resealable gallon-size plastic bag and combine well.
- Preheat a grill to 350 degrees F, prepared for indirect heat.
- Add all the wings and cook for 10 to 15 minutes to reheat and get some grill marks, turning after 7 minutes.
- Remove the wings from the grill to a serving bowl.
- Add the sauce and toss to combine

## Nutrition Facts



## Properties

Glycemic Index:32.75, Glycemic Load:0.9, Inflammation Score:-3, Nutrition Score:6.2973912500817%

## Flavonoids

Eriodictyol: 0.66mg, Eriodictyol: 0.66mg, Eriodictyol: 0.66mg, Eriodictyol: 0.66mg Hesperetin: 2.93mg, Hesperetin: 2.93mg, Hesperetin: 2.93mg, Hesperetin: 2.93mg Naringenin: 0.13mg, Naringenin: 0.13mg, Naringenin: 0.13mg, Naringenin: 0.13mg Quercetin: 0.16mg, Quercetin: 0.16mg, Quercetin: 0.16mg, Quercetin: 0.16mg

## **Nutrients (% of daily need)**

Calories: 205.49kcal (10.27%), Fat: 10.27g (15.8%), Saturated Fat: 2.82g (17.63%), Carbohydrates: 8.5g (2.83%), Net Carbohydrates: 7.72g (2.81%), Sugar: 4.14g (4.6%), Cholesterol: 47.15mg (15.72%), Sodium: 2296.16mg (99.83%), Alcohol: 5.01g (100%), Alcohol %: 5.23% (100%), Protein: 11.71g (23.41%), Vitamin B3: 3.77mg (18.83%), Manganese: 0.33mg (16.42%), Selenium: 9.79µg (13.99%), Vitamin C: 10.65mg (12.91%), Vitamin B6: 0.25mg (12.36%), Phosphorus: 92.33mg (9.23%), Iron: 1.23mg (6.83%), Zinc: 0.9mg (6.03%), Vitamin B5: 0.54mg (5.39%), Potassium: 173.54mg (4.96%), Vitamin K: 5.17µg (4.93%), Magnesium: 19.54mg (4.89%), Vitamin B2: 0.07mg (4.34%), Copper: 0.07mg (3.67%), Vitamin B1: 0.05mg (3.37%), Vitamin B12: 0.2µg (3.27%), Fiber: 0.78g (3.13%), Calcium: 29.22mg (2.92%), Vitamin A: 126.79IU (2.54%), Vitamin E: 0.38mg (2.51%), Folate: 7.63µg (1.91%)