



Teriyaki Chicken Wings



Gluten Free



Dairy Free

READY IN



70 min.

SERVINGS



24

CALORIES



128 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 3 pounds chicken wings
- ☐ 1 tablespoon ginger fresh minced
- ☐ 1 tablespoon garlic fresh minced
- ☐ 0.3 cup pineapple juice
- ☐ 1 cup soya sauce
- ☐ 0.3 cup vegetable oil
- ☐ 1 cup water
- ☐ 1 cup sugar white

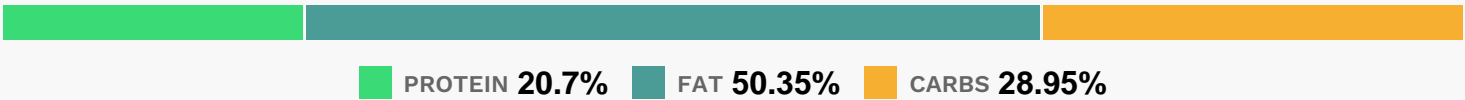
Equipment

- ☐ bowl
- ☐ oven
- ☐ whisk
- ☐ plastic wrap

Directions

- ☐ Whisk together the water, soy sauce, sugar, pineapple juice, vegetable oil, garlic, and ginger in a large glass or ceramic bowl until the sugar has dissolved.
- ☐ Add the chicken wings, coat with the marinade, cover the bowl with plastic wrap, and marinate in the refrigerator for at least 1 hour.
- ☐ Preheat an oven to 350 degrees F (175 degrees C). Grease baking dishes, and set aside.
- ☐ Remove the chicken from the marinade, and shake off excess and place the chicken wings into the prepared baking dishes. Discard the remaining marinade.
- ☐ Bake the wings in the preheated oven until the chicken is cooked through and the glaze is evenly browned, about 1 hour.

Nutrition Facts



Properties

Glycemic Index:7.34, Glycemic Load:6.07, Inflammation Score:-1, Nutrition Score:2.7856521483349%

Flavonoids

Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

Nutrients (% of daily need)

Calories: 127.96kcal (6.4%), Fat: 7.2g (11.08%), Saturated Fat: 1.72g (10.75%), Carbohydrates: 9.32g (3.11%), Net Carbohydrates: 9.22g (3.35%), Sugar: 8.73g (9.71%), Cholesterol: 23.58mg (7.86%), Sodium: 563.05mg (24.48%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 6.66g (13.33%), Vitamin B3: 2.21mg (11.03%), Selenium: 4.92µg (7.04%), Vitamin B6: 0.13mg (6.68%), Phosphorus: 53.79mg (5.38%), Vitamin K: 4.19µg (3.99%), Manganese: 0.07mg (3.64%), Zinc: 0.46mg (3.05%), Iron: 0.54mg (3%), Vitamin B5: 0.27mg (2.75%), Vitamin B2: 0.04mg (2.6%),

Magnesium: 9.98mg (2.5%), Potassium: 74.17mg (2.12%), Vitamin E: 0.28mg (1.86%), Vitamin B12: 0.1µg (1.63%),
Copper: 0.03mg (1.56%), Vitamin B1: 0.02mg (1.5%)