



## Teriyaki Wings

 **Gluten Free**

READY IN



**65 min.**

SERVINGS



**3**

CALORIES



**646 kcal**

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- 3 servings cheese dressing blue
- 0.5 stick butter
- 2 pounds chicken wings
- 3 servings garlic salt
- 3 servings bell pepper
- 1.5 cups teriyaki sauce

### Equipment

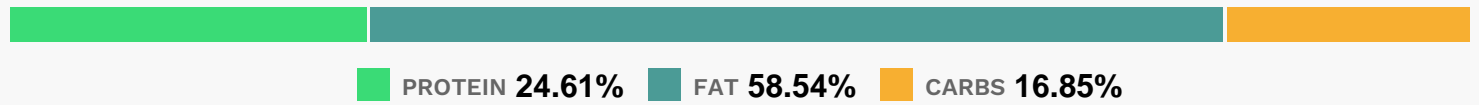
- frying pan

- oven
- baking pan

## Directions

- Preheat oven to 400 degrees. Melt butter in a baking pan. Snip off wing tips and discard or save for another use. Find joint and cut wings in two. Season wings with garlic salt and pepper.
- Place in pan and bake until golden brown, about 30 - 40 minutes.
- Pour Teriyaki sauce over golden wings and toss to coat.
- Bake for 20 minutes more, turning frequently.
- Serve with blue cheese dressing on side.

## Nutrition Facts



## Properties

Glycemic Index:27.33, Glycemic Load:0.94, Inflammation Score:-10, Nutrition Score:24.676086938899%

## Flavonoids

Luteolin: 0.45mg, Luteolin: 0.45mg, Luteolin: 0.45mg, Luteolin: 0.45mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Quercetin: 0.17mg, Quercetin: 0.17mg, Quercetin: 0.17mg, Quercetin: 0.17mg

## Nutrients (% of daily need)

Calories: 646.07kcal (32.3%), Fat: 41.68g (64.12%), Saturated Fat: 17.07g (106.66%), Carbohydrates: 27g (9%), Net Carbohydrates: 25.29g (9.2%), Sugar: 23.47g (26.08%), Cholesterol: 166.24mg (55.41%), Sodium: 5961.66mg (259.2%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 39.42g (78.84%), Vitamin C: 96.51mg (116.98%), Vitamin B3: 12.24mg (61.22%), Vitamin A: 3043.31IU (60.87%), Vitamin B6: 0.93mg (46.65%), Phosphorus: 462.03mg (46.2%), Selenium: 27.17µg (38.82%), Magnesium: 126.62mg (31.66%), Iron: 4.33mg (24.06%), Potassium: 740.54mg (21.16%), Vitamin B2: 0.32mg (18.54%), Vitamin B5: 1.8mg (17.96%), Zinc: 2.52mg (16.81%), Vitamin E: 2.11mg (14.04%), Folate: 52.92µg (13.23%), Copper: 0.22mg (11.19%), Vitamin B1: 0.16mg (10.86%), Vitamin B12: 0.56µg (9.28%), Fiber: 1.71g (6.83%), Calcium: 66.34mg (6.63%), Manganese: 0.11mg (5.67%), Vitamin K: 5.02µg (4.78%), Vitamin D: 0.16µg (1.09%)