



## Ultimate Chicken Wing

 Dairy Free

READY IN



45 min.

SERVINGS



45

CALORIES



47 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

### Ingredients

- 0.3 cup asian sesame dressing toasted kraft
- 3 lb chicken wings split
- 1 tsp garlic powder
- 0.3 cup orange marmalade

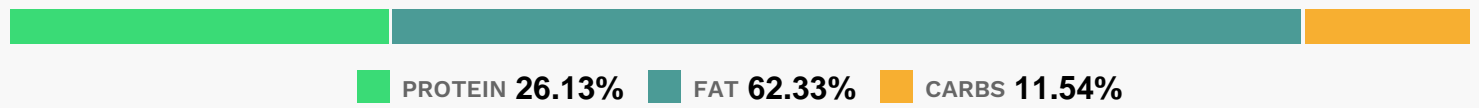
### Equipment

- oven
- baking pan
- aluminum foil

## Directions

- Heat oven to 450F.
- Place chicken wings in single layer in shallow foil-lined baking pan.
- Bake 15 min. or until browned.
- Meanwhile, combine remaining ingredients until blended.
- Brush marmalade mixture onto both sides of wings.
- Bake 15 min. or until chicken is done (165F).

## Nutrition Facts



## Properties

Glycemic Index:0.11, Glycemic Load:0, Inflammation Score:-1, Nutrition Score:1.0847826107689%

## Nutrients (% of daily need)

Calories: 47.01kcal (2.35%), Fat: 3.24g (4.98%), Saturated Fat: 0.82g (5.11%), Carbohydrates: 1.35g (0.45%), Net Carbohydrates: 1.32g (0.48%), Sugar: 1.18g (1.32%), Cholesterol: 12.57mg (4.19%), Sodium: 26.85mg (1.17%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.05g (6.11%), Vitamin B3: 0.97mg (4.85%), Selenium: 2.58µg (3.69%), Vitamin B6: 0.06mg (2.93%), Phosphorus: 22.42mg (2.24%), Zinc: 0.22mg (1.48%), Vitamin B5: 0.13mg (1.26%)