

Whiskey-Dunked Chicken Wings

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

READY IN



50 min.

SERVINGS



50

CALORIES



31 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 1 cup bull's-eye original barbecue sauce
- 1.5 lb chicken wings split
- 3 Tbsp blackstrap molasses
- 2 Tbsp irish whiskey

Equipment

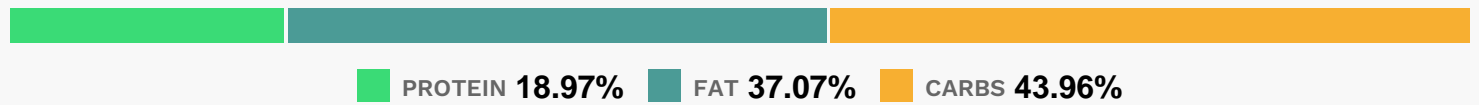
- bowl
- baking sheet
- oven

aluminum foil

Directions

- Heat oven to 400F.
- Combine barbecue sauce, molasses and whiskey in large bowl until blended.
- Add wings; toss to evenly coat.
- Spread onto foil-covered rimmed baking sheet.
- Bake 35 to 40 min. or until done.

Nutrition Facts



Properties

Glycemic Index:1.18, Glycemic Load:0.39, Inflammation Score:-1, Nutrition Score:0.76695652484246%

Nutrients (% of daily need)

Calories: 31.13kcal (1.56%), Fat: 1.21g (1.86%), Saturated Fat: 0.33g (2.07%), Carbohydrates: 3.23g (1.08%), Net Carbohydrates: 3.18g (1.16%), Sugar: 2.8g (3.11%), Cholesterol: 5.66mg (1.89%), Sodium: 64.72mg (2.81%), Alcohol: 0.22g (100%), Alcohol %: 1.84% (100%), Protein: 1.39g (2.79%), Vitamin B3: 0.48mg (2.41%), Selenium: 1.43µg (2.04%), Vitamin B6: 0.04mg (1.9%), Manganese: 0.03mg (1.35%), Magnesium: 4.97mg (1.24%), Potassium: 42.26mg (1.21%), Phosphorus: 11.23mg (1.12%)