



food
network

Wings



Gluten Free



Dairy Free

READY IN



20 min.

SERVINGS



36

CALORIES



114 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 2 cups balsamic vinegar
- ☐ 2 ounces cajun spice
- ☐ 2 ounces cayenne pepper
- ☐ 36 chicken drummettes fresh
- ☐ 2 ounces garlic
- ☐ 25 ounces catsup
- ☐ 10 ounces soya sauce
- ☐ 2 ounces pepper white

☐ 10 ounces worcestershire sauce

Equipment

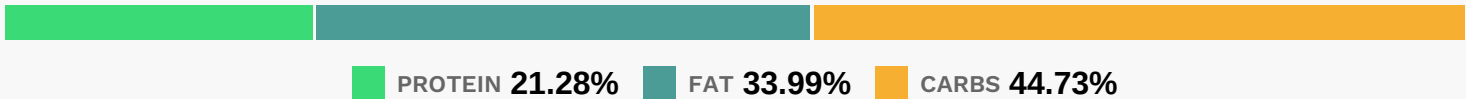
☐ bowl

☐ grill

Directions

- ☐ Preheat the grill.
- ☐ Mix all of the ingredients in a large bowl, except for the chicken. Grill the wings until they are cooked through. Dip in sauce and serve.

Nutrition Facts



Properties

Glycemic Index:3.94, Glycemic Load:1.6, Inflammation Score:-8, Nutrition Score:6.5869565126689%

Flavonoids

Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 0.2mg, Quercetin: 0.2mg, Quercetin: 0.2mg, Quercetin: 0.2mg

Nutrients (% of daily need)

Calories: 113.54kcal (5.68%), Fat: 4.42g (6.81%), Saturated Fat: 1.19g (7.43%), Carbohydrates: 13.1g (4.37%), Net Carbohydrates: 11.56g (4.2%), Sugar: 7.57g (8.42%), Cholesterol: 18.71mg (6.24%), Sodium: 743.71mg (32.34%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 6.23g (12.46%), Vitamin A: 1574.16IU (31.48%), Vitamin B3: 2.4mg (11.99%), Manganese: 0.23mg (11.62%), Vitamin B6: 0.23mg (11.27%), Iron: 1.71mg (9.52%), Vitamin E: 1.3mg (8.64%), Potassium: 263.88mg (7.54%), Phosphorus: 69.59mg (6.96%), Vitamin B2: 0.11mg (6.7%), Selenium: 4.52µg (6.45%), Fiber: 1.55g (6.18%), Magnesium: 19.82mg (4.95%), Vitamin C: 4.04mg (4.9%), Copper: 0.09mg (4.65%), Zinc: 0.56mg (3.73%), Calcium: 32.66mg (3.27%), Vitamin K: 3.23µg (3.07%), Vitamin B5: 0.27mg (2.74%), Vitamin B1: 0.04mg (2.52%), Folate: 7.44µg (1.86%), Vitamin B12: 0.08µg (1.3%)