

Wings In Cola



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



16

CALORIES



198 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 4 pounds chicken wings
- ☐ 12 fluid ounce cola-flavored carbonated beverage canned
- ☐ 1 teaspoon garlic salt
- ☐ 1 cup brown sugar light packed
- ☐ 1 teaspoon onion powder
- ☐ 2 tablespoons soya sauce

Equipment

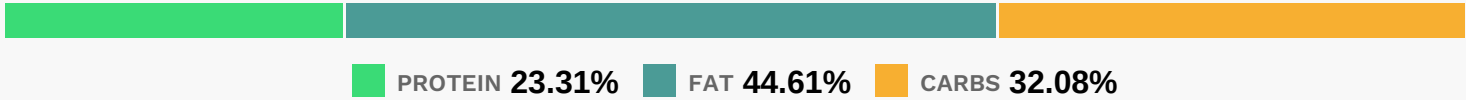
- ☐ oven

☐ casserole dish

Directions

- ☐ Preheat oven to 325 degrees F (165 degrees C).
- ☐ Place chicken wings in a shallow casserole dish. Season with garlic salt and onion salt.
- ☐ Mix cola, sugar, and soy sauce; pour mixture over chicken wings.
- ☐ Bake, covered, at 325 degrees F (165 degrees C) for 2 hours. Turn wings over every 30 minutes. Uncover, and bake for an additional 1 to 2 hours. Turn wings every 30 minutes or so.

Nutrition Facts



Properties

Glycemic Index:4.88, Glycemic Load:1.35, Inflammation Score:-1, Nutrition Score:4.0526086869447%

Nutrients (% of daily need)

Calories: 198.17kcal (9.91%), Fat: 9.79g (15.06%), Saturated Fat: 2.74g (17.15%), Carbohydrates: 15.83g (5.28%), Net Carbohydrates: 15.8g (5.74%), Sugar: 15.37g (17.08%), Cholesterol: 47.15mg (15.72%), Sodium: 320.56mg (13.94%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 11.51g (23.01%), Vitamin B3: 3.73mg (18.67%), Selenium: 9.71µg (13.88%), Vitamin B6: 0.23mg (11.27%), Phosphorus: 86.93mg (8.69%), Zinc: 0.84mg (5.59%), Vitamin B5: 0.5mg (4.97%), Iron: 0.76mg (4.24%), Potassium: 120.29mg (3.44%), Vitamin B2: 0.06mg (3.38%), Magnesium: 13.3mg (3.33%), Vitamin B12: 0.2µg (3.27%), Vitamin B1: 0.03mg (2.09%), Calcium: 20.22mg (2.02%), Vitamin A: 90.02IU (1.8%), Copper: 0.04mg (1.78%), Manganese: 0.03mg (1.67%), Vitamin E: 0.18mg (1.23%)