



Zesty Grilled Wings

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

READY IN



55 min.

SERVINGS



55

CALORIES



39 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 0.5 cup original barbecue sauce kraft
- 2 lb chicken drumettes
- 2 green onions sliced
- 1 cup 1 cup kraft zesty italian dressing italian kraft
- 0.3 cup classic ranch dressing kraft

Equipment

- bowl
- grill

Directions

- Pour Italian dressing over chicken in large bowl; toss to coat. Refrigerate 30 min. to marinate.
- Heat grill to medium heat.
- Drain chicken; discard marinade.
- Grill chicken 8 min. on each side or until done.
- Brush with barbecue sauce; grill 2 min.
- Place on platter; sprinkle with onions.
- Serve with ranch dressing.

Nutrition Facts



Properties

Glycemic Index:0.58, Glycemic Load:0.01, Inflammation Score:-1, Nutrition Score:0.92695652304784%

Flavonoids

Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Quercetin: 0.05mg, Quercetin: 0.05mg, Quercetin: 0.05mg, Quercetin: 0.05mg

Nutrients (% of daily need)

Calories: 39.33kcal (1.97%), Fat: 2.83g (4.35%), Saturated Fat: 0.6g (3.76%), Carbohydrates: 1.67g (0.56%), Net Carbohydrates: 1.64g (0.6%), Sugar: 1.39g (1.54%), Cholesterol: 7.14mg (2.38%), Sodium: 85.61mg (3.72%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.69g (3.39%), Vitamin K: 4.8µg (4.58%), Vitamin B3: 0.55mg (2.76%), Selenium: 1.54µg (2.2%), Vitamin B6: 0.04mg (1.82%), Phosphorus: 15.11mg (1.51%), Vitamin E: 0.17mg (1.12%)