

Honey Garlic Chicken Wings

4 SERVINGS 50 MINUTES



INGREDIENTS

2 lbs Chicken Wings
2 tsps Baking Soda
1 tsp Avocado Oil
2 Garlic (cloves, minced)
1 tsp Ginger (minced)
2 tbsps Raw Honey
1/2 tsp Sesame Oil

NUTRITION

AMOUNT PER SERVING

Calories	481	Iron	1mg
Fat	31g	Vitamin D	11IU
Carbs	9g	Folate	16µg
Fiber	0g	Magnesium	37mg
Protein	40g	Zinc	3mg
Vitamin C	0mg		

DIRECTIONS

- 01 Preheat the oven to 400F (204°C) and line a baking sheet with parchment paper.
- 02 In a large bowl, add the chicken wings, baking powder and avocado oil. Mix until the wings are coated. Spread the wings out on the baking sheet evenly and bake for 35 to 40 minutes.
- 03 In a small saucepan over medium-low heat add the garlic and ginger. Sauté for 1 to 2 minutes, then add the honey and heat over low heat until the sauce reduces slightly, approximately 3 to 4 minutes. Remove from the heat and add the sesame oil.
- 04 In a large bowl, toss the chicken wings with the sauce to coat. Serve and enjoy!

NOTES

RECIPE ID 606

SERVING SIZE

One serving is equal to approximately seven chicken wings. Serve with additional sides to make it a full meal.

ADDITIONAL TOPPINGS

Add sliced green onions on top.