

Chicken Wings

1½ lbs. will yield ~8 to 10 wings

Ingredients

- 1½ lbs. Chicken wings
- ½ c. soy sauce
- ¼ c. brown sugar
- 1 Tbl. oil (canola or olive)
- ½ Tbl. ginger paste
- ½ tsp. garlic powder



Directions:

1. Place wings and marinade in a large Ziplock bag, and marinate in the refrigerator overnight (turn over at least once to make sure they all get marinated).
2. Wings can be grilled (or baked at 400 degrees) for about 30 minutes.

Nutrition:

one wing, 1.5 oz.

Calories: 83

Protein: 13g

total carbohydrate: 0g

total fat: 3g

sugars: 0g

saturated fat: 1g

sodium: 334mg

dietary fiber: 0g