

# Sweet Sriracha Chicken Wings

*The sweet taste of honey and maple syrup compliment the spiciness of the sriracha sauce and hot sauce. Making these with skinless chicken wings cuts back on some calories and fats as well.*

Recipe Type: Appetizer, Main Dish, Poultry, Side Dish, Snack

Degree of Difficulty: Moderately difficult

## Ingredients

½ cup honey  
¾ cup diced red sweet peppers  
⅓ cup rice wine vinegar  
⅓ cup pineapple juice  
½ tsp garlic salt  
½ tsp hot pepper sauce  
2 tsp sriracha  
1 ½ lbs chicken wings, skinless, approximately 18 wings  
¼ cup sugar free maple syrup



## Directions

- 1 Preheat oven to 400 degrees
- 2 Place chicken wings in baking dish.
- 3 Combine remaining ingredients and mix well.
- 4 Cook on medium and stir until mixture begins to thicken.
- 5 Pour ¾ of the mixture over the chicken wings in backing dish.
- 6 Bake at 400 degrees for 20 minutes
- 7 Turn the chicken wings and brush with the glaze.
- 8 Cook an additional 15 minutes.
- 9 Brush remaining glaze on chicken and cook for another 5 minutes (or until chicken is cooked through).

## Cooking Times

Preparation Time: 15 minutes

Cooking Time: 45 minutes

Total Time: 1 hour

## Nutrition Facts

Nutrition (per serving): 115 calories, 3.1g total fat, <1g saturated fat, 32.1mg cholesterol, 132mg sodium, 12.2g carbohydrates, <1g fiber, 8.6g sugar, 11.6g protein.

Servings: 18

Yield: approx 18 wings

## Weight Watchers Points

Note: The veggies and fruit juice are not included in the calculation of any of Weight Watchers points.

Orig. WW Pts: 2

Points Plus: 3

Smart Points: 3

FreeStyle Smart Points: 3

## Tips

If you want to reduce the SmartPoints values for this recipe, just use skinless chicken breast meat and cut into

chunks.

Web Page: [www.exercise4weightloss.com/sweet-sriracha-wings.html](http://www.exercise4weightloss.com/sweet-sriracha-wings.html)