

Orange Glazed Skinless Chicken Wings

Makes: 5 Servings

Ingredients

- 10** chicken wings (skin removed)
- 3 tablespoons** butter
- 1 teaspoon** seasoned salt
- 8 tablespoons** orange marmalade (1/2 cup)

Directions

1. Rinse chicken wings and dry on paper toweling. Tuck the wing tip under the larger joint to form a triangle.
2. Heat butter in skillet (200°F on temperature controlled gas burner).
3. Sprinkle wings with seasoned salt and place in heated butter. Sauté on temperature controlled gas burner (325°F) until evenly brown on both sides, about 20 minutes.
4. Spread with orange marmalade, continuing to sauté while basting frequently for another 20 minutes.
5. Remove from skillet. Serve hot.
6. Hold at serving temperature on automatic burner or in 'Keep-Warm' oven set at 170°F. They will be glazed and "sticky" good.

Notes

Nutrition Information

Key Nutrients	Amount	% Daily Value*
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Total Calories	170	
Total Fat	8 g	12%
Protein	5 g	
Carbohydrates	21 g	7%
Dietary Fiber	0 g	0%
Saturated Fat	5 g	25%
Sodium	546 mg	23%

MyPlate Food Groups

Protein Foods	1/2 ounce
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Leg pieces or whole chicken may be prepared this way
and served as an entree.

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