

Honey Maple BBQ Wings

Yield: 4 min
Total Time: 55 min

Recipe from: <https://www.recipeschoose.com/recipes/spicy-russian-mustard-recipe>

Ingredients:

- 2 pounds chicken wings
- 1/3 cup honey
- 3 tablespoons mustard
- 1/4 cup maple syrup
- 1 cup barbecue sauce
- 1/4 teaspoon cayenne pepper
- 1/2 teaspoon garlic powder

Nutrition:

1. Calories: 740 calories
2. Carbohydrate: 59 grams
3. Cholesterol: 175 milligrams
4. Fat: 37 grams
5. Fiber: 1 grams
6. Protein: 41 grams
7. SaturatedFat: 9 grams
8. Sodium: 970 milligrams
9. Sugar: 51 grams

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