

Grilled Honey Miso Wings

Yield: 4 min
Total Time: 625 min

Recipe from: <https://www.recipeschoose.com/recipes/grilled-mexican-chicken-wings-recipe>

Ingredients:

- 2 cloves garlic finely minced
- 1 tablespoon soy sauce
- 1/4 cup honey
- 2 tablespoons miso & Easy, or 1 tablespoon regular miso paste
- 1 tablespoon water
- 1 1/2 pounds chicken wings separated

Nutrition:

1. Calories: 460 calories
2. Carbohydrate: 20 grams
3. Cholesterol: 130 milligrams
4. Fat: 28 grams
5. Protein: 32 grams
6. SaturatedFat: 7 grams
7. Sodium: 670 milligrams
8. Sugar: 18 grams

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