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Bbq Caesar Wing ♦

The BBQ Caesar Wing is a delicious and flavorful dish that combines the smoky goodness of BBQ sauce with the classic Caesar dressing. The wings are marinated in a tangy BBQ sauce and then grilled to perfection. The result is a crispy and juicy wing that is packed with flavor. This recipe is perfect for a summer BBQ or game day snack.

Recipe Type: Standard

Prep Time: 15 mins

Cook Time: 25 mins

Total Time: 40 mins

Recipe Yield: 500 grams

Number of Servings: 4

Serving Size: 125 g

Ingredients

1000 g	Chicken Wings
1 c	bbq sauce
1 c	caesar dressing
1 tsp	Salt
1 tsp	Pepper

1 tsp	Garlic powder
1 tsp	Onion powder

Directions

Step 1

Grilling

Preheat the grill to medium-high heat.

Prep Time: 5 mins

Cook Time: 0 mins

Step 2

Mixing

In a large bowl, combine the chicken wings, BBQ sauce, salt, pepper, garlic powder, and onion powder. Mix well to coat the wings evenly.

Prep Time: 10 mins

Cook Time: 0 mins

Step 3

Grilling

Place the wings on the preheated grill and cook for 20-25 minutes, turning occasionally, until the wings are cooked through and crispy.

Prep Time: 0 mins

Cook Time: 20 mins

Step 4

Resting

Remove the wings from the grill and let them rest for a few minutes.

Prep Time: 0 mins

Cook Time: 5 mins

Step 5

Serving

Serve the wings with a side of Caesar dressing for dipping.

Prep Time: 0 mins

Cook Time: 0 mins

Nutrition Facts

Calories: 200 kcal

Fat: 15 g

Protein: 15 g

Carbohydrates: 5 g

Nutrition Facts

Proteins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Protein	15 g	88.24%	88.24%

Carbohydrates

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Carbohydrates	5 g	9.09%	10%
Fibers	0 g	0%	0%
Sugars	4 g	N/A	N/A
Lactose	0 g	N/A	N/A

Fats

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Monounsaturated Fat	5 g	N/A	N/A
Saturated Fat	3 g	13.64%	17.65%
Fat	15 g	53.57%	60%

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Cholesterol	60 mg	N/A	N/A

Vitamins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Vitamin A	10 iu	1.11%	1.43%
Vitamin C	2 mg	2.22%	2.67%
Vitamin B6	10 mg	769.23%	769.23%
Vitamin B12	20 mcg	833.33%	833.33%
Vitamin E	6 mg	40%	40%
Vitamin D	0 mcg	0%	0%

Minerals

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Sodium	500 mg	21.74%	21.74%
Calcium	2 mg	0.2%	0.2%
Iron	8 mg	100%	44.44%
Potassium	250 mg	7.35%	9.62%
Zinc	10 mg	90.91%	125%
Selenium	15 mcg	27.27%	27.27%

Recipe Attributes

Events

Barbecue Picnic Game Day

Kitchen Tools

Slow Cooker

Course

Appetizers Main Dishes Drinks Salads Snacks Sauces & Dressings

Demographics

Kids Friendly Teen Friendly Diabetic Friendly Heart Healthy

Diet

Mediterranean Diet Intermittent Fasting Vegetarian Diet Pescatarian Diet
Ovo-Vegetarian Diet Lacto-Vegetarian Diet

Meal Type

Snack Supper

Difficulty Level

Medium

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