

Polynesian Chicken Wings

*Treasured Recipes from Treasured Friends
Best of the Best from Minnesota Cookbook*

*3 - 4 pounds chicken wings,
cut at the joints
1 cup water
1 cup soy sauce
1 cup sugar
1/4 cup pineapple juice
(drained off a pineapple)
1/4 cup oil
1 teaspoon ginger
1 teaspoon garlic powder*

In a bowl, mix the water, soy sauce, sugar, pineapple juice, oil, ginger and garlic powder.

Marinate the chicken wings in the marinating mixture for twenty-four hours.

Preheat the oven to 350 degrees.

Place the chicken in a single layer on a baking pan.

Bake the chicken in the same marinade for 30 minutes. Reduce the heat to 325 degrees.

Bake for an additional one to one and one-half hours.

Per Serving (excluding unknown items): 7955 Calories; 524g Fat (60.1% calories from fat); 555g Protein; 228g Carbohydrate; 3g Dietary Fiber; 2265mg Cholesterol; 18617mg Sodium. Exchanges: 0 Grain(Starch); 76 Lean Meat; 6 Vegetable; 58 Fat; 13 1/2 Other Carbohydrates.