# Cilantro-Lime and Yogurt Grilled Chicken Wings

# Dash Magazine

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#### Servings: 12

12 whole chicken wings salt (to taste) pepper (to taste) MARINADE
1 cup Greek yogurt
5 key limes, juiced
2/3 cup brine from bread and butter chips container
1/2 bunch cilantro, chopped In a bowl, toss the wings with salt and pepper. Set aside.

In a bowl, whisk together all of the marinade ingredients. Pour over the wings. Cover. Refrigerate for six hours.

Preheat the grill to medium-high heat. Generously brush the grates of the grill with a "high temperature resistent" oil before adding the chicken.

Remove the wings from he marinade, shaking off any excess. Place onto the grill. Season with salt and pepper.

Lower the heat to medium. Cover and grill for 10 minutes. Uncover. Flip and grill for another 10 to 12 minutes or until the juices run clear.

Remove from the grill. Allow the wings to rest for about 7 minutes.

Serve with key lime wedges, cilantro leaves and a sprinkle of smoked paprika.

Per Serving (excluding unknown items): trace Calories; trace Fat (12.0% calories from fat); trace Protein; trace Carbohydrate; trace Dietary Fiber; Omg Cholesterol; trace Sodium. Exchanges: 0 Grain(Starch); 0 Lean Meat.

Chicken, Grilled

#### Dar Camina Nutritianal Analysia

Calories (kcal):	trace	Vitamin B6 (mg):	0mg
% Calories from Fat:	12.0%	Vitamin B12 (mcg):	Omcg
% Calories from Carbohydrates:	62.0%	Thiamin B1 (mg):	trace
% Calories from Protein:	26.0%	Riboflavin B2 (mg):	trace
Total Fat (g):	trace	Folacin (mcg):	Omcg
Saturated Fat (g):	Og	Niacin (mg):	trace
Monounsaturated Fat (g):	0g	Caffeine (mg):	0mg 0
Polyunsaturated Fat (g):	0g	Alcohol (kcal): % Pofuso:	0 0%
Cholesterol (mg):	Omg		
Carbohydrate (g):	trace	Food Exchanges	
Dietary Fiber (g):	trace	Grain (Starch):	0
Protein (g):	trace	Lean Meat:	0
Sodium (mg):	trace	Vegetable:	0
Potassium (mg):	3mg	Fruit:	0
Calcium (mg):	1mg	Non-Fat Milk:	0
Iron (mg):	trace	Fat:	0
Zinc (mg):	Omg	Other Carbohydrates:	0
Vitamin C (mg):	trace		
Vitamin A (i.u.):	15IU		
Vitamin A (r.e.):	1 1/2RE		

## **Nutrition Facts**

Servings per Recipe: 12

### Amount Per Serving

Calories trace	Calories from Fat: 0
	% Daily Values*
Total Fat trace	0%
Saturated Fat 0g	0%
Cholesterol Omg	0%
Sodium trace	0%
Total Carbohydrates trace	0%
Dietary Fiber trace Protein trace	0%
Vitamin A	0%
Vitamin C	1%
Calcium	0%
Iron	0%

\* Percent Daily Values are based on a 2000 calorie diet.