

CARIBBEAN CHICKEN WINGS

INGREDIENTS

20 chicken wings

Marinade

1 cup orange juice

2 tablespoons lime juice

Spice Mix

2 tablespoons brown sugar

2 tablespoons honey

2 tablespoons orange juice

2 tablespoons lime juice

1 tablespoon rum (optional)

2 teaspoons Jamaica pepper

1 pinch Cayenne pepper

2 teaspoons dried onion flakes

2 cloves garlic, minced

¼ cup fresh mango, cubed

1 scallion, sliced

PREPARATION

- 1 In a sealable plastic bag or bowl, combine the chicken wings with the orange juice and the lime juice. Cover, place in the fridge and let the wings marinate for at least 1 hour.
- 2 Line a baking tray with parchment paper and preheat oven to 350°F.
- 3 Remove the wings from the marinade, pat-dry with kitchen towel or paper towel and place them on the baking tray. Bake for 30 minutes, turning the wings after 15 minutes.
- 4 Meanwhile, in a small saucepan, combine all of the spice mix ingredients. Bring to a boil and reduce the sauce to about half. Set the sauce aside.
- 5 Take the chicken wings out of the oven (after 30 minutes) and brush the wings with half of the sauce.
- 6 Increase the oven temperature to 400°F and continue the baking for approximately 20 minutes, until the wings are cooked and golden brown.
- 7 With a clean spoon or brush, apply the rest of the sauce on the wings before serving. Garnish with mango and green onions.



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Nutrient Analysis

PER SERVING

4 chicken wings

Renal/Diabetic Exchanges:

3 Meat+ 1 Carbohydrate

Calories **277kcal**

Protein **20g**

Total Carbohydrate **14g**

Fiber **0g**

Sugars **12g**

Fat **15g**

Saturated **4g**

Cholesterol **125mg**

Sodium **97mg**

Potassium **307mg**

Phosphorus **149mg**

Calcium **56mg**

Iron **1mg**

Magnesium **23mg**

Vitamin C **14mg**

Diet Types

CKD Non-Dialysis Dialysis/Diabetes

Dialysis Transplant

POTASSIUM CHECK

Healthy holiday eating

Following a kidney diet around the holidays can be a challenge. Eating is part of many events and available choices at parties or gatherings can be high in sodium, potassium and phosphorus. Consider the following ideas and plan ahead to allow you to make healthy choices.

- 1. Don't go hungry:** While skipping out on meals earlier in the day seems like a good idea, in reality you will only be hungrier. Instead, stick with your normal meal routine to prevent overeating.
- 2. Moderation is key:** With so many holiday party options, it can be hard to choose what to eat and what to avoid. The best approach is a balanced plate with a serving from each food group except dairy. Limit any dishes heavy in sauce that may contain high amounts of potassium and sodium. Follow the same rule for desserts. Stick with a single portion and avoid desserts with a high-potassium fruit or dairy-base.
- 3. Bring a dish:** If you are worried that the party will have limited options that fit with your kidney diet, consider bringing a dish to share. This will allow your company to be supportive of your health and get a taste of your excellent cooking!

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