

# Caramelized Baked Chicken Legs/Wings

By djmastermum on November 14, 2005

★★★★★ 208 Reviews



**Prep Time:** 5 mins   **Total Time:** 1 hrs 35 mins   **Servings:** 6-8

## About This Recipe

"Delicious! Yummy caramelized legs, kids love these! So quick and easy and no marinating required. Just prepare the sauce, pour over the chook and pop in the oven! I actually like this with wings better ;-) VERY IMPORTANT TO LEAVE IT IN THE OVEN UNTIL IT HAS CARAMALISED TO AVOID DISAPPOINTMENT. Thank you to everyone for their positive reviews! Try adding Sambal Oelek as Chef #27416 has suggested in his review. What a great idea ;-)"



Photo by Lavender Lynn

## Ingredients

- 2 1/2 lbs chicken legs
- 1 2/3 tablespoons olive oil ( to help it stop sticking to the pan)
- 1/2 cup soy sauce
- 1 2/3 tablespoons ketchup
- 3/4 cup honey
- 2 -3 garlic cloves, minced
- salt and pepper

## Directions

1. Preheat oven to 350 degrees Fahrenheit or 180 degrees Celsius.
2. Place chicken in a 9x13 inch baking dish. Mix together the oil, soy sauce, ketchup, honey, garlic, salt and pepper.
3. Pour over the chicken.
4. Bake in preheated oven for one hour, or until sauce is caramelized.
5. Could also use wings or pork ribs.

Nutrition Facts		Amount Per Serving	% Daily Value
Serving Size: 1 (198 g)		<b>Total Fat 26.7g</b>	<b>41%</b>
Servings Per Recipe: 6		Saturated Fat 6.9g	34%
<b>Amount Per Serving</b>		<b>Cholesterol 157.0mg</b>	<b>52%</b>
<b>Calories 535.6</b>		Sugars 36.1 g	
Calories from Fat 240		<b>Sodium 1538.4mg</b>	<b>64%</b>
	44%	<b>Total Carbohydrate 37.6g</b>	<b>12%</b>
		Dietary Fiber 0.3g	1%
		Sugars 36.1 g	144%
		<b>Protein 37.1g</b>	<b>74%</b>

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