



Asian caramel chicken wings



Gluten Free



Dairy Free

READY IN



85 min.

SERVINGS



4

CALORIES



519 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 100 g brown sugar
- ☐ 4 tbsp fish sauce gluten-free
- ☐ 1 to 2 chilies slit green halved
- ☐ 1 small piece cinnamon
- ☐ 1 small piece ginger finely chopped
- ☐ 1 juice of lime for squeezing over
- ☐ 1 kg chicken wings cut in half
- ☐ 1 small bunch spring onion cut into 1cm lengths

- ☐ 1 large piece ginger cut into matchsticks
- ☐ 1 to 2 chilies slit (green seeds removed if you don't like it too hot), cut into rings
- ☐ 1 handful cilantro leaves
- ☐ 4 servings rice white boiled

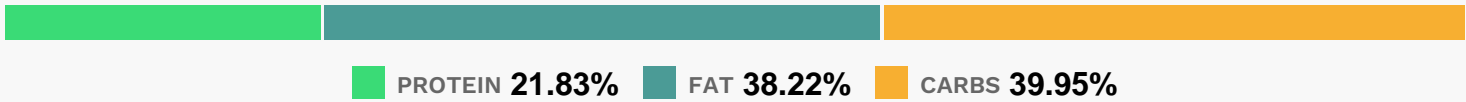
Equipment

- ☐ frying pan

Directions

- ☐ Put the sugar in a medium saut pan with enough water to make it go sludgy.
- ☐ Place on a low heat and bring to the boil, then cook until you have a dark amber caramel (see tip, below).
- ☐ At arms length, add the other ingredients, except for the chicken and garnish, and bring to a simmer take care as it will spit. Once it has calmed down a little and you have a thick sauce, stir in the wings until well coated.
- ☐ Pour over 100ml water and simmer on a medium heat for about 30 mins, stirring every now and then until the sauce is a thicker consistency add a splash more water if needed.
- ☐ Turn down the heat and continue to cook, covered, for a further 15 mins, stirring occasionally, until the wings are lacquered and tender and the sauce is very thick. Turn off the heat and quickly stir through half the spring onion, ginger and chilli. Tip the wings and sauce onto a platter. Scatter with the remaining garnish and coriander, and serve with extra lime and rice.

Nutrition Facts



Properties

Glycemic Index:52, Glycemic Load:24.1, Inflammation Score:-5, Nutrition Score:14.185217333877%

Flavonoids

Eriodictyol: 0.16mg, Eriodictyol: 0.16mg, Eriodictyol: 0.16mg, Eriodictyol: 0.16mg Hesperetin: 0.67mg, Hesperetin: 0.67mg, Hesperetin: 0.67mg, Hesperetin: 0.67mg Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg Quercetin: 1.21mg, Quercetin: 1.21mg, Quercetin: 1.21mg, Quercetin: 1.21mg

Nutrients (% of daily need)

Calories: 518.76kcal (25.94%), Fat: 21.84g (33.6%), Saturated Fat: 6.12g (38.26%), Carbohydrates: 51.37g (17.12%), Net Carbohydrates: 49.56g (18.02%), Sugar: 26.05g (28.94%), Cholesterol: 103.95mg (34.65%), Sodium: 1596.38mg (69.41%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 28.07g (56.15%), Vitamin B3: 8.85mg (44.25%), Selenium: 28.89µg (41.27%), Vitamin B6: 0.64mg (32.12%), Manganese: 0.63mg (31.56%), Phosphorus: 219.93mg (21.99%), Magnesium: 71.62mg (17.9%), Zinc: 2.29mg (15.26%), Vitamin K: 15.84µg (15.09%), Vitamin B5: 1.43mg (14.26%), Iron: 1.97mg (10.92%), Potassium: 372.18mg (10.63%), Vitamin C: 7.59mg (9.2%), Vitamin B2: 0.15mg (8.73%), Vitamin B12: 0.52µg (8.64%), Copper: 0.15mg (7.54%), Fiber: 1.81g (7.23%), Calcium: 67.96mg (6.8%), Vitamin A: 334.24IU (6.68%), Vitamin B1: 0.09mg (5.98%), Folate: 22.85µg (5.71%), Vitamin E: 0.54mg (3.6%)