



 6%
HEALTH SCORE

Asian Glazed Wings

 **Gluten Free**  **Dairy Free**

READY IN



35 min.

SERVINGS



4

CALORIES



513 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 12 chicken wings whole
- 0.3 cup basil fresh chopped
- 0.3 cup cilantro leaves fresh chopped
- 2 inches ginger peeled
- 2 tablespoons olive oil
- 0.5 cup orange juice
- 0.8 cup plum sauce
- 0.5 teaspoon pepper red

- 4 servings salt and pepper
- 3 tablespoons soya sauce dark

Equipment

- frying pan
- oven
- pot

Directions

- Watch how to make this recipe.
- Preheat oven 400 degrees F.
- Preheat a large oven safe skillet over high heat with the oil. Liberally season the chicken wings with salt and pepper. Once the skillet is screaming hot add the wings in 1 even layer. Brown the wings for 3 minutes per side. While the wings are browning, assemble the plum glaze: in a small pot over high heat combine the plum sauce, orange juice, ginger root, tamari and hot pepper flakes. Bring up to a simmer and lower the heat, reserving it until the wings are done browning.
- Remove ginger from glaze.
- Pour the simmering plum glaze mixture over the browned wings.
- Place the skillet in the oven and roast for 20 minutes, flipping the wings once half way through the cooking time.
- Remove the wings from the oven, if the glaze is not syrupy and thick, place the skillet of wings on the cook top and turn the heat on high, allow the glaze to reduce for about 1 minute. Toss the wings around in the glaze and finish with the fresh cilantro and basil.
- Serve hot or room temperature.
- TIDBITS
- Close that door! Whenever you are tending to something in the oven, pull it out of the oven completely and close that door while you are doing your business. Otherwise your oven will have to work double time to get back up to temperature.

Nutrition Facts



■ PROTEIN 22.58% ■ FAT 54.41% ■ CARBS 23.01%

Properties

Glycemic Index:46, Glycemic Load:1.84, Inflammation Score:-5, Nutrition Score:13.769130579803%

Flavonoids

Eriodictyol: 0.05mg, Eriodictyol: 0.05mg, Eriodictyol: 0.05mg, Eriodictyol: 0.05mg Hesperetin: 3.7mg, Hesperetin: 3.7mg, Hesperetin: 3.7mg, Hesperetin: 3.7mg Naringenin: 0.66mg, Naringenin: 0.66mg, Naringenin: 0.66mg, Naringenin: 0.66mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 0.61mg, Quercetin: 0.61mg, Quercetin: 0.61mg, Quercetin: 0.61mg

Nutrients (% of daily need)

Calories: 513.31kcal (25.67%), Fat: 30.77g (47.34%), Saturated Fat: 7.54g (47.1%), Carbohydrates: 29.28g (9.76%), Net Carbohydrates: 28.5g (10.36%), Sugar: 2.92g (3.25%), Cholesterol: 111.02mg (37.01%), Sodium: 1366.35mg (59.41%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 28.74g (57.48%), Vitamin B3: 9.86mg (49.31%), Selenium: 22.81µg (32.58%), Vitamin B6: 0.6mg (30.16%), Phosphorus: 228.98mg (22.9%), Vitamin C: 17.51mg (21.23%), Iron: 2.74mg (15.23%), Zinc: 2.14mg (14.27%), Potassium: 492.8mg (14.08%), Vitamin K: 13.84µg (13.18%), Vitamin B5: 1.27mg (12.66%), Vitamin B2: 0.21mg (12.41%), Magnesium: 44.73mg (11.18%), Vitamin E: 1.59mg (10.63%), Vitamin A: 519.27IU (10.39%), Manganese: 0.2mg (9.85%), Vitamin B1: 0.12mg (7.87%), Copper: 0.15mg (7.71%), Vitamin B12: 0.46µg (7.69%), Folate: 23.02µg (5.76%), Calcium: 35.17mg (3.52%), Fiber: 0.78g (3.12%)