



Asian Hot Wings

 Dairy Free

READY IN

ready

60 min.

SERVINGS

servings

4

CALORIES

calories

796 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.3 cup brown sugar
- ☐ 4 servings canola oil for frying
- ☐ 4 servings carrots and cucumber thinly sliced for serving julienne
- ☐ 24 chicken wing parts separated 12 wings into 2 pieces
- ☐ 2 tablespoons ginger fresh minced
- ☐ 1 tablespoon garlic minced
- ☐ 3 to 4 peppers hot assorted minced fine serranos, jalapenos, and so on
- ☐ 0.8 cup plum jelly

- ☐ 2 tablespoons onion red minced
- ☐ 1 tablespoon pepper flakes red less of you'd like less heat!
- ☐ 0.3 cup rice wine vinegar
- ☐ 0.3 cup soya sauce

Equipment

- ☐ bowl
- ☐ paper towels
- ☐ sauce pan
- ☐ oven
- ☐ pot

Directions

- ☐ Preheat the oven to 325 degrees F.
- ☐ Heat 3 inches of canola oil in a heavy pot to 375 degrees F.
- ☐ Add half the chicken wing parts to the oil and fry them until they're golden brown and fully cooked, 5 to 7 minutes.
- ☐ Remove and drain on paper towels. Repeat with the other half of the wing parts.
- ☐ Add the plum jelly to a bowl. Then stir in the soy sauce and rice wine vinegar.
- ☐ Add the brown sugar, ginger, red onions, garlic, red pepper flakes and hot peppers. Stir to combine, and then pour it into a saucepan and bring to a boil over medium-high heat. Reduce the heat to medium-low and cook the sauce until slightly thickened, about 15 minutes. Then turn off the heat.
- ☐ Place the wings in an ovenproof dish and pour the sauce over the top, reserving some sauce for serving. Toss to coat, and then bake in the oven for 15 minutes.
- ☐ Place the wings in dishes, and then spoon extra sauce over the top.
- ☐ Serve with cool vegetables to go with that delicious heat. (You might want to have a glass of ice water handy, too.)

Nutrition Facts



Properties

Glycemic Index:66.88, Glycemic Load:4.82, Inflammation Score:-10, Nutrition Score:31.797826222751%

Flavonoids

Cyanidin: 1.74mg, Cyanidin: 1.74mg, Cyanidin: 1.74mg, Cyanidin: 1.74mg Peonidin: 0.1mg, Peonidin: 0.1mg, Peonidin: 0.1mg, Peonidin: 0.1mg Catechin: 0.89mg, Catechin: 0.89mg, Catechin: 0.89mg, Catechin: 0.89mg Epigallocatechin: 0.07mg, Epigallocatechin: 0.07mg, Epigallocatechin: 0.07mg, Epigallocatechin: 0.07mg Epicatechin: 0.99mg, Epicatechin: 0.99mg, Epicatechin: 0.99mg, Epicatechin: 0.99mg Epicatechin 3-gallate: 0.24mg, Epicatechin 3-gallate: 0.24mg, Epicatechin 3-gallate: 0.24mg, Epicatechin 3-gallate: 0.24mg Epigallocatechin 3-gallate: 0.12mg, Epigallocatechin 3-gallate: 0.12mg, Epigallocatechin 3-gallate: 0.12mg, Epigallocatechin 3-gallate: 0.12mg Luteolin: 0.07mg, Luteolin: 0.07mg, Luteolin: 0.07mg, Luteolin: 0.07mg Isorhamnetin: 0.25mg, Isorhamnetin: 0.25mg, Isorhamnetin: 0.25mg, Isorhamnetin: 0.25mg Kaempferol: 0.19mg, Kaempferol: 0.19mg, Kaempferol: 0.19mg Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg Quercetin: 1.46mg, Quercetin: 1.46mg, Quercetin: 1.46mg, Quercetin: 1.46mg Gallocatechin: 0.03mg, Gallocatechin: 0.03mg, Gallocatechin: 0.03mg, Gallocatechin: 0.03mg

Nutrients (% of daily need)

Calories: 796.12kcal (39.81%), Fat: 49.58g (76.28%), Saturated Fat: 13.23g (82.66%), Carbohydrates: 29.68g (9.89%), Net Carbohydrates: 25.94g (9.43%), Sugar: 21.92g (24.35%), Cholesterol: 222.04mg (74.01%), Sodium: 1105.63mg (48.07%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 56.35g (112.71%), Vitamin A: 12137.04IU (242.74%), Vitamin B3: 19.13mg (95.66%), Vitamin C: 58.42mg (70.81%), Vitamin B6: 1.39mg (69.51%), Selenium: 46.03µg (65.76%), Phosphorus: 454.24mg (45.42%), Zinc: 4.31mg (28.7%), Potassium: 930.08mg (26.57%), Vitamin B5: 2.61mg (26.09%), Iron: 4.19mg (23.28%), Vitamin B2: 0.37mg (21.97%), Magnesium: 82.19mg (20.55%), Manganese: 0.39mg (19.72%), Vitamin E: 2.87mg (19.1%), Vitamin K: 19.32µg (18.4%), Vitamin B1: 0.23mg (15.62%), Vitamin B12: 0.92µg (15.38%), Fiber: 3.74g (14.96%), Copper: 0.27mg (13.55%), Folate: 37.71µg (9.43%), Calcium: 89.5mg (8.95%), Vitamin D: 0.29µg (1.92%)