

# Australian Deep Fried Chicken Wings

 Dairy Free

READY IN



760 min.

SERVINGS



4

CALORIES



768 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

## Ingredients

- 8 chicken wings
- 0.5 cup masa
- 0.5 cup flour all-purpose
- 1 quart cooking oil for deep frying
- 3 tablespoons oyster sauce
- 4 servings salt and pepper to taste
- 3 tablespoons cooking sherry sweet
- 4 tablespoons soya sauce

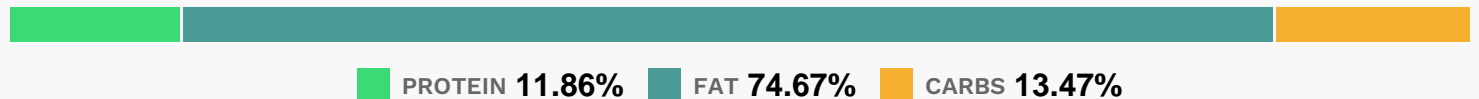
## Equipment

- bowl
- frying pan
- paper towels
- deep fryer

## Directions

- Place the chicken wings in a large nonporous glass dish or bowl. In a small bowl mix the soy sauce, oyster sauce, sherry, salt and pepper and pour mixture over chicken; turn to coat. Cover dish and refrigerate to marinate for 12 to 24 hours.
- Remove chicken from marinade, disposing of any remaining marinade.
- Mix all-purpose flour with corn flour in a shallow dish or bowl and toss wings in flour mixture until well coated.
- Heat oil in a deep skillet or deep fryer and deep fry wings until crispy and cooked through (juices run clear).
- Drain on paper towels and serve.

## Nutrition Facts



## Properties

Glycemic Index:26.25, Glycemic Load:8.8, Inflammation Score:-6, Nutrition Score:14.62608689588%

## Flavonoids

Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg Catechin: 0.09mg, Catechin: 0.09mg, Catechin: 0.09mg, Catechin: 0.09mg Epicatechin: 0.06mg, Epicatechin: 0.06mg, Epicatechin: 0.06mg, Epicatechin: 0.06mg Hesperetin: 0.05mg, Hesperetin: 0.05mg, Hesperetin: 0.05mg, Hesperetin: 0.05mg Naringenin: 0.04mg, Naringenin: 0.04mg, Naringenin: 0.04mg, Naringenin: 0.04mg

## Nutrients (% of daily need)

Calories: 768.38kcal (38.42%), Fat: 63.43g (97.59%), Saturated Fat: 7.9g (49.36%), Carbohydrates: 25.75g (8.58%), Net Carbohydrates: 24.22g (8.81%), Sugar: 0.69g (0.77%), Cholesterol: 74.01mg (24.67%), Sodium: 1639.59mg (71.29%), Alcohol: 1.16g (100%), Alcohol %: 0.36% (100%), Protein: 22.66g (45.32%), Vitamin E: 8.6mg (57.3%),

Vitamin B3: 7.78mg (38.89%), Selenium: 22.98µg (32.82%), Vitamin K: 33.83µg (32.22%), Vitamin B6: 0.46mg (22.8%), Phosphorus: 203.18mg (20.32%), Manganese: 0.3mg (14.97%), Vitamin B1: 0.21mg (14.24%), Vitamin B2: 0.22mg (13.04%), Iron: 2.34mg (12.98%), Zinc: 1.75mg (11.68%), Magnesium: 43.09mg (10.77%), Folate: 42.02µg (10.51%), Vitamin B5: 0.91mg (9.07%), Potassium: 258.28mg (7.38%), Copper: 0.13mg (6.64%), Fiber: 1.53g (6.14%), Vitamin B12: 0.36µg (6.05%), Calcium: 42.65mg (4.27%), Vitamin A: 142.02IU (2.84%)