



## Balinese Chicken Wings

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

READY IN



**110 min.**

SERVINGS



**12**

CALORIES



**121 kcal**

ANTIPASTI

STARTER

SNACK

APPETIZER

### Ingredients

- 1 tablespoon brown sugar
- 12 chicken wings separated
- 4 cloves garlic minced
- 1 teaspoon kosher salt
- 2 teaspoons olive oil
- 1 to 5 chilies fresh red finely chopped
- 1 shallots minced
- 1 inch turmeric fresh minced peeled

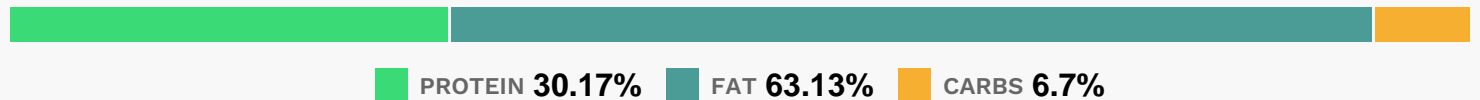
## Equipment

- bowl
- baking sheet
- oven
- aluminum foil
- mortar and pestle
- cleaver

## Directions

- Combine garlic, chile pepper, shallot, turmeric, and kosher salt; bruise with a mortar and pestle, or with the flat side of a cleaver.
- Place into a bowl, and stir in brown sugar, and olive oil. Toss chicken wings with marinade, cover, and refrigerate for at least 1 hour.
- Preheat oven to 400 degrees F (200 degrees C). Line a baking sheet with aluminum foil. Toss the chicken wings again to recoat in marinade, then spread out onto prepared baking sheet.
- Bake in preheated oven until deep, golden brown, about 30 minutes.

## Nutrition Facts



## Properties

Glycemic Index:9.17, Glycemic Load:0.3, Inflammation Score:-2, Nutrition Score:3.7126086872557%

## Flavonoids

Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg

## Nutrients (% of daily need)

Calories: 120.91kcal (6.05%), Fat: 8.37g (12.87%), Saturated Fat: 2.25g (14.05%), Carbohydrates: 2g (0.67%), Net Carbohydrates: 1.85g (0.67%), Sugar: 1.34g (1.49%), Cholesterol: 37.01mg (12.34%), Sodium: 229.93mg (10%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 9g (17.99%), Vitamin B3: 2.91mg (14.54%), Selenium: 7.65µg (10.93%), Vitamin B6: 0.21mg (10.37%), Vitamin C: 6.21mg (7.52%), Phosphorus: 67.89mg (6.79%), Zinc: 0.67mg

(4.47%), Vitamin B5: 0.39mg (3.89%), Iron: 0.55mg (3.07%), Potassium: 99.6mg (2.85%), Vitamin B2: 0.05mg (2.77%), Magnesium: 10.31mg (2.58%), Vitamin B12: 0.15µg (2.56%), Vitamin A: 106.52IU (2.13%), Manganese: 0.04mg (2.01%), Vitamin B1: 0.03mg (1.94%), Vitamin E: 0.27mg (1.79%), Copper: 0.03mg (1.5%)