



Bat Wings with Bog Dip and Sinking Hands

READY IN



70 min.

SERVINGS



6

CALORIES



747 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1.5 teaspoons five-spice powder
- ☐ 6 servings almonds sliced
- ☐ 11 ounce breadstick dough refrigerated
- ☐ 2 teaspoons brown sugar
- ☐ 20 chicken wings
- ☐ 2 tablespoons coarse ground mustard
- ☐ 1 egg white
- ☐ 2 teaspoons ginger fresh finely grated
- ☐ 3 cloves garlic minced

- ☐ 1 teaspoon hot sauce to taste
- ☐ 0.5 cup soya sauce reduced-sodium
- ☐ 1 tablespoon parmesan grated
- ☐ 3 tablespoons freshly parsley leaves chopped
- ☐ 6 servings salt and pepper black freshly ground
- ☐ 20 ounces chicken breast halves boneless skinless
- ☐ 1 cup heavy whipping cream sour

Equipment

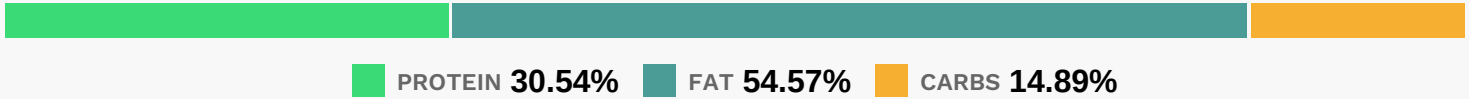
- ☐ bowl
- ☐ baking sheet
- ☐ oven
- ☐ ziploc bags

Directions

- ☐ Preheat oven to 450 degrees F. Coat 2 large baking sheets with cooking spray.
- ☐ In a shallow dish or plastic bag, combine soy sauce, sugar, ginger, garlic, five-spice powder, hot sauce, salt and black pepper, to taste.
- ☐ Mix well.
- ☐ Add chicken wings and chicken breasts and turn to coat (at this point, you may refrigerate up to 24 hours).
- ☐ Transfer chicken wings and breasts to baking sheets and brush with marinade.
- ☐ Bake 25 to 30 minutes, until chicken is cooked through.
- ☐ To make the "hands", reduce oven temperature to 375 degrees F. Coat a large baking sheet with cooking spray.
- ☐ Unroll dough and separate into 12 breadsticks.
- ☐ Roll into 4-inch long "fingers" and place on baking sheet.
- ☐ Brush egg white all over breadsticks and place almond slice on 1 end, making a fingernail.
- ☐ Sprinkle Parmesan over rest of breadstick.

- ☐
- Bake 10 to 12 minutes, until golden brown.
- ☐
- To make the dip, in a medium bowl, combine sour cream, parsley and mustard.
- ☐
- Mix well.
- ☐
- Place dip in a serving bowl and insert fingers.
- ☐
- Serve the wings with the dip and "hands" and reserve the chicken breasts for the salad.

Nutrition Facts



Properties

Glycemic Index:30.5, Glycemic Load:0.24, Inflammation Score:-6, Nutrition Score:24.552173635234%

Flavonoids

Cyanidin: 0.02mg, Cyanidin: 0.02mg, Cyanidin: 0.02mg, Cyanidin: 0.02mg Catechin: 0.01mg, Catechin: 0.01mg, Catechin: 0.01mg, Catechin: 0.01mg Epigallocatechin: 0.03mg, Epigallocatechin: 0.03mg, Epigallocatechin: 0.03mg, Epigallocatechin: 0.03mg Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg Apigenin: 4.31mg, Apigenin: 4.31mg, Apigenin: 4.31mg, Apigenin: 4.31mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Isorhamnetin: 0.03mg, Isorhamnetin: 0.03mg, Isorhamnetin: 0.03mg, Isorhamnetin: 0.03mg Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg Myricetin: 0.32mg, Myricetin: 0.32mg, Myricetin: 0.32mg, Myricetin: 0.32mg Quercetin: 0.04mg, Quercetin: 0.04mg, Quercetin: 0.04mg, Quercetin: 0.04mg

Nutrients (% of daily need)

Calories: 746.74kcal (37.34%), Fat: 45.04g (69.29%), Saturated Fat: 15.07g (94.17%), Carbohydrates: 27.65g (9.22%), Net Carbohydrates: 25.94g (9.43%), Sugar: 5.72g (6.36%), Cholesterol: 207.02mg (69.01%), Sodium: 1604.93mg (69.78%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 56.72g (113.43%), Vitamin B3: 19.78mg (98.88%), Selenium: 59.81µg (85.45%), Vitamin B6: 1.35mg (67.69%), Phosphorus: 499.43mg (49.94%), Vitamin K: 33.86µg (32.25%), Vitamin B5: 2.83mg (28.34%), Vitamin B2: 0.4mg (23.4%), Potassium: 784.35mg (22.41%), Zinc: 3.16mg (21.05%), Magnesium: 81.6mg (20.4%), Iron: 2.86mg (15.88%), Vitamin A: 686.08IU (13.72%), Vitamin B12: 0.8µg (13.28%), Manganese: 0.25mg (12.42%), Vitamin B1: 0.17mg (11.61%), Calcium: 98.74mg (9.87%), Vitamin E: 1.19mg (7.92%), Vitamin C: 6.49mg (7.87%), Copper: 0.14mg (7.21%), Fiber: 1.71g (6.83%), Folate: 26.21µg (6.55%), Vitamin D: 0.26µg (1.73%)