



Bombay Chicken Wings



Gluten Free



Dairy Free

READY IN



95 min.

SERVINGS



24

CALORIES



119 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 24 chicken wings
- ☐ 1 teaspoon curry powder
- ☐ 2 cloves garlic minced
- ☐ 2 tablespoons green onion minced
- ☐ 0.1 teaspoon ground pepper black
- ☐ 0.5 teaspoon ground turmeric
- ☐ 2 tablespoons soya sauce
- ☐ 2 tablespoons vegetable oil

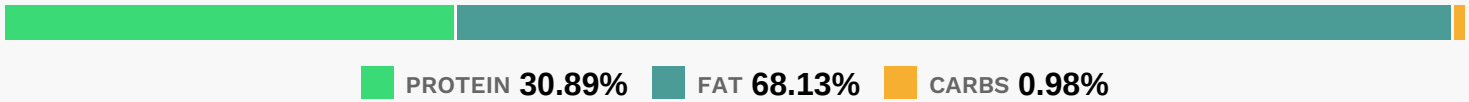
Equipment

- ☐ oven
- ☐ baking pan
- ☐ ziploc bags

Directions

- ☐ Combine chicken wings, vegetable oil, soy sauce, green onion, garlic, curry powder, turmeric, and black pepper in a resealable plastic bag. Squeeze out the air, seal bag, and refrigerate at least 1 hour.
- ☐ Preheat oven to 350 degrees F (175 degrees C).
- ☐ Spread chicken wings into a large baking dish.
- ☐ Bake in the preheated oven until wings are browned, about 25 minutes.

Nutrition Facts



Properties

Glycemic Index:4.96, Glycemic Load:0.04, Inflammation Score:-4, Nutrition Score:3.2743477834308%

Flavonoids

Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Quercetin: 0.06mg, Quercetin: 0.06mg, Quercetin: 0.06mg, Quercetin: 0.06mg

Nutrients (% of daily need)

Calories: 118.59kcal (5.93%), Fat: 8.83g (13.58%), Saturated Fat: 2.33g (14.56%), Carbohydrates: 0.29g (0.1%), Net Carbohydrates: 0.22g (0.08%), Sugar: 0.04g (0.05%), Cholesterol: 37.01mg (12.34%), Sodium: 119.06mg (5.18%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 9.01g (18.01%), Vitamin B3: 2.92mg (14.58%), Selenium: 7.52µg (10.74%), Vitamin B6: 0.18mg (8.82%), Phosphorus: 66.38mg (6.64%), Zinc: 0.66mg (4.37%), Vitamin B5: 0.38mg (3.76%), Vitamin K: 3.23µg (3.08%), Iron: 0.55mg (3.04%), Vitamin B2: 0.05mg (2.68%), Vitamin B12: 0.15µg (2.56%), Magnesium: 9.72mg (2.43%), Potassium: 83.01mg (2.37%), Vitamin E: 0.26mg (1.73%), Vitamin B1: 0.03mg (1.67%), Vitamin A: 76.53IU (1.53%), Manganese: 0.03mg (1.46%), Copper: 0.02mg (1.2%)