



Burn-Your-Fingers Chicken Wings

 Gluten Free  Dairy Free

READY IN



45 min.

SERVINGS



12

CALORIES



735 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 10 fillet anchovy coarsely chopped
- 2 teaspoons pepper black freshly ground
- 14 pounds chicken wings
- 3 tablespoons pepper red crushed
- 0.8 cup ginger fresh peeled chopped
- 14 garlic cloves coarsely chopped
- 2 teaspoons kosher salt
- 0.8 cup brown sugar light

- 1 cup pineapple juice
- 14 scallions coarsely chopped
- 0.3 cup soya sauce
- 1 tablespoon vegetable oil

Equipment

- food processor
- baking sheet
- oven
- roasting pan

Directions

- In a food processor, blend the scallions with the garlic, ginger, anchovies and crushed red pepper.
- Add the brown sugar, soy sauce, oil, black pepper and salt; blend.
- Add the pineapple juice.
- Make small slashes on the meaty parts of the chicken wings.
- Spread the wings in 2 very large roasting pans and pour the marinade on top. Rub the marinade into the wings. Cover and refrigerate overnight. Bring to room temperature before roasting.
- Preheat the oven to 50
- Arrange the wings in a single layer on large, oiled, rimmed baking sheets; pour any remaining marinade on top. Roast the wings on as many shelves as possible, rotating the pans, for 1 hour, or until the wings are deeply browned and crisp.
- Serve piping hot.
- Wine Recommendation: Try a light, fruity Viognier, such as the 1997 McDowell from California or the 1997 Georges Duboeuf Vin de Pays de l'Ardche from France, for a refreshing contrast to the zing of these wings.

Nutrition Facts



■ PROTEIN 30% ■ FAT 58.59% ■ CARBS 11.41%

Properties

Glycemic Index:14.17, Glycemic Load:1.9, Inflammation Score:-7, Nutrition Score:23.276956521946%

Flavonoids

Kaempferol: 0.2mg, Kaempferol: 0.2mg, Kaempferol: 0.2mg, Kaempferol: 0.2mg Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg Quercetin: 1.56mg, Quercetin: 1.56mg, Quercetin: 1.56mg, Quercetin: 1.56mg

Nutrients (% of daily need)

Calories: 735.32kcal (36.77%), Fat: 47.35g (72.84%), Saturated Fat: 13.09g (81.83%), Carbohydrates: 20.75g (6.92%), Net Carbohydrates: 19.33g (7.03%), Sugar: 15.99g (17.77%), Cholesterol: 222.04mg (74.01%), Sodium: 910.37mg (39.58%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 54.55g (109.09%), Vitamin B3: 18.03mg (90.13%), Selenium: 46.78µg (66.83%), Vitamin B6: 1.14mg (57.21%), Phosphorus: 410.52mg (41.05%), Vitamin K: 33.85µg (32.24%), Zinc: 4.11mg (27.41%), Vitamin B5: 2.32mg (23.24%), Vitamin A: 1157.44IU (23.15%), Iron: 3.78mg (21.01%), Vitamin B2: 0.31mg (18.12%), Potassium: 633.74mg (18.11%), Manganese: 0.36mg (17.9%), Magnesium: 68.15mg (17.04%), Vitamin B12: 0.94µg (15.59%), Vitamin E: 1.83mg (12.23%), Vitamin B1: 0.17mg (11.65%), Copper: 0.21mg (10.56%), Vitamin C: 8.01mg (9.7%), Calcium: 79.82mg (7.98%), Folate: 26.62µg (6.65%), Fiber: 1.42g (5.66%), Vitamin D: 0.29µg (1.91%)