



Chicken Lips



Gluten Free



Dairy Free



Low Fod Map

READY IN



15 min.

SERVINGS



1

CALORIES



3001 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 1 pinch ground pepper
- 1 chicken crushed
- 1 pinch chives minced
- 3 cups cooking oil
- 1 dash hot sauce such as cholula
- 2 tablespoons kosher salt
- 1 lime
- 1 serving chicken broth

- 1 dozens oysters fresh
- 1 serving pepper black
- 1 skin-on chicken drumsticks cut into 3-inch pieces
- 1 sacramento tomato juice
- 0.5 ounce tequila chilled

Equipment

- sauce pan
- mortar and pestle

Directions

- To make the chicken salt rim, heat the cooking oil in a small saucepan until it reaches 300°F. Carefully deep fry chicken skin in batches until golden brown and crispy.
- Drain and cool. Reserve some chicken crackling for garnish.
- In a spice grinder or mortar and pestle, grind enough chicken crackling to make 2 tablespoons.
- Combine with kosher salt, cayenne pepper, and freshly cracked black pepper to taste.
- Run a wedge of lime along the rim of a Champagne flute. Press the flute into the chicken salt rim.
- To make the oyster shooter, build layers in the flute in this order: vodka or tequila, raw oyster, tomato juice, hot sauce, 1 squeeze of lime juice.
- Garnish with chicken crackling and chives and serve cold.

Nutrition Facts

 **PROTEIN 21.04%**  **FAT 77.97%**  **CARBS 0.99%**

Properties

Glycemic Index:187.33, Glycemic Load:1.69, Inflammation Score:-9, Nutrition Score:51.635652293333%

Flavonoids

Hesperetin: 28.81mg, Hesperetin: 28.81mg, Hesperetin: 28.81mg, Hesperetin: 28.81mg Naringenin: 2.28mg, Naringenin: 2.28mg, Naringenin: 2.28mg, Naringenin: 2.28mg Isorhamnetin: 0.07mg, Isorhamnetin: 0.07mg, Isorhamnetin: 0.07mg, Isorhamnetin: 0.07mg Kaempferol: 0.1mg, Kaempferol: 0.1mg, Kaempferol: 0.1mg, Kaempferol: 0.1mg Quercetin: 0.33mg, Quercetin: 0.33mg, Quercetin: 0.33mg, Quercetin: 0.33mg

Nutrients (% of daily need)

Calories: 3001.03kcal (150.05%), Fat: 256.35g (394.38%), Saturated Fat: 44.61g (278.8%), Carbohydrates: 7.38g (2.46%), Net Carbohydrates: 5.42g (1.97%), Sugar: 1.21g (1.34%), Cholesterol: 641.53mg (213.84%), Sodium: 14570.64mg (633.51%), Alcohol: 4.73g (100%), Alcohol %: 0.37% (100%), Protein: 155.64g (311.27%), Vitamin B3: 55.66mg (278.28%), Selenium: 124.99µg (178.55%), Vitamin E: 26.14mg (174.3%), Vitamin B6: 2.95mg (147.62%), Phosphorus: 1260.97mg (126.1%), Vitamin K: 111.96µg (106.63%), Zinc: 12.11mg (80.73%), Vitamin B5: 7.87mg (78.71%), Vitamin B2: 1.06mg (62.28%), Vitamin B12: 2.9µg (48.36%), Potassium: 1691.84mg (48.34%), Iron: 7.96mg (44.25%), Magnesium: 172.99mg (43.25%), Vitamin C: 32.6mg (39.52%), Vitamin B1: 0.54mg (36.09%), Copper: 0.51mg (25.68%), Vitamin A: 1225.76IU (24.52%), Folate: 54.81µg (13.7%), Calcium: 124.6mg (12.46%), Manganese: 0.22mg (11.24%), Vitamin D: 1.6µg (10.66%), Fiber: 1.96g (7.83%)