



Chicken Wings in Garlic Sauce

 Dairy Free

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READY IN

ready

60 min.

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SERVINGS

servings

8

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CALORIES

calories

448 kcal

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LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 8 servings bay leaf
- ☐ 24 chicken wings
- ☐ 8 servings flour for dredging
- ☐ 10 roasted cloves garlic
- ☐ 2 lemons halved
- ☐ 2 cups chicken broth low-sodium
- ☐ 0.3 cup olive oil spanish
- ☐ 0.3 cup oregano fresh chopped

- ☐ 2 tablespoons paprika
- ☐ 1 pinch pepper flakes red
- ☐ 8 servings salt and pepper
- ☐ 0.3 cup cooking sherry spanish

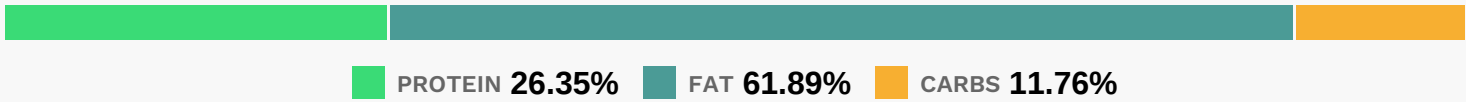
Equipment

- ☐ frying pan
- ☐ paper towels
- ☐ oven

Directions

- ☐ Rinse the chicken wings in cold water and pat dry with paper towels.
- ☐ Place flour in a shallow platter and season it by adding paprika, salt and pepper. Toss to incorporate, then dredge the wings in the flour.
- ☐ Heat oil in a skillet and brown the chicken wings on all sides.
- ☐ Remove the chicken from the pan and set aside on a platter.
- ☐ Add the pepper flakes, bay leaf, lemons, garlic, oregano, sherry, and chicken broth to the pan.
- ☐ Cook for 2 minutes to evaporate the alcohol. Return the chicken to the pan. Cover the pan and simmer for 15 minutes, or braise in a preheated 375 degree oven for 20 minutes.

Nutrition Facts



Properties

Glycemic Index:20.69, Glycemic Load:5.04, Inflammation Score:-9, Nutrition Score:16.008260786533%

Flavonoids

Catechin: 0.06mg, Catechin: 0.06mg, Catechin: 0.06mg, Catechin: 0.06mg Epicatechin: 0.04mg, Epicatechin: 0.04mg, Epicatechin: 0.04mg, Epicatechin: 0.04mg Eriodictyol: 5.77mg, Eriodictyol: 5.77mg, Eriodictyol: 5.77mg, Eriodictyol: 5.77mg Hesperetin: 7.56mg, Hesperetin: 7.56mg, Hesperetin: 7.56mg, Hesperetin: 7.56mg Naringenin: 0.18mg, Naringenin: 0.18mg, Naringenin: 0.18mg, Naringenin: 0.18mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.52mg, Luteolin: 0.52mg, Luteolin: 0.52mg, Luteolin: 0.52mg Kaempferol:

0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Myricetin: 0.2mg, Myricetin: 0.2mg, Myricetin: 0.2mg, Myricetin: 0.2mg Quercetin: 0.38mg, Quercetin: 0.38mg, Quercetin: 0.38mg, Quercetin: 0.38mg

Nutrients (% of daily need)

Calories: 448.13kcal (22.41%), Fat: 30.68g (47.2%), Saturated Fat: 7.61g (47.54%), Carbohydrates: 13.12g (4.37%), Net Carbohydrates: 10.57g (3.84%), Sugar: 1.12g (1.25%), Cholesterol: 111.02mg (37.01%), Sodium: 320.58mg (13.94%), Alcohol: 0.77g (100%), Alcohol %: 0.38% (100%), Protein: 29.38g (58.77%), Vitamin B3: 10.12mg (50.62%), Selenium: 25.75µg (36.78%), Vitamin B6: 0.66mg (32.82%), Phosphorus: 236.41mg (23.64%), Vitamin A: 1171.24IU (23.42%), Vitamin C: 17mg (20.61%), Iron: 3.48mg (19.34%), Manganese: 0.34mg (17.09%), Zinc: 2.25mg (15.01%), Vitamin E: 2.24mg (14.94%), Vitamin K: 14.92µg (14.21%), Vitamin B2: 0.23mg (13.3%), Vitamin B5: 1.27mg (12.72%), Potassium: 405.75mg (11.59%), Vitamin B1: 0.16mg (10.35%), Fiber: 2.55g (10.21%), Magnesium: 40.43mg (10.11%), Vitamin B12: 0.52µg (8.67%), Copper: 0.15mg (7.4%), Folate: 28.87µg (7.22%), Calcium: 71.8mg (7.18%)