



Chicken Wings in Peanut Sauce

 Dairy Free

READY IN



60 min.

SERVINGS



4

CALORIES



669 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 4 pound chicken wings halved
- ☐ 1.5 tablespoons ginger fresh minced peeled
- ☐ 1 garlic clove minced
- ☐ 1 tablespoon juice of lime fresh
- ☐ 2 tablespoons natural peanut butter
- ☐ 0.3 teaspoon pepper flakes dried red hot
- ☐ 0.3 teaspoon salt
- ☐ 1.5 teaspoons soya sauce

- ☐ 1 tablespoon sugar
- ☐ 2 tablespoons vegetable oil

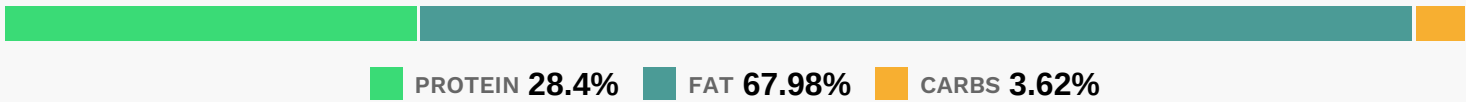
Equipment

- ☐ bowl
- ☐ oven
- ☐ whisk
- ☐ baking pan
- ☐ broiler

Directions

- ☐ To make Wings: Preheat oven to 500 degrees F.
- ☐ Pat wings dry and toss with oil, ginger, and garlic. Arrange wings, thick-skin sides up, in 1 layer in a large shallow baking pan and roast in upper third of oven 25 minutes.
- ☐ Turn on broiler and broil wings, turning once, until nicely browned and crisp, 10 to 15 minutes.
- ☐ Whisk together sauce ingredients in a large bowl until blended.
- ☐ Add wings to sauce and toss until coated.

Nutrition Facts



Properties

Glycemic Index:36.02, Glycemic Load:2.44, Inflammation Score:-5, Nutrition Score:17.530434852061%

Flavonoids

Eriodictyol: 0.08mg, Eriodictyol: 0.08mg, Eriodictyol: 0.08mg, Eriodictyol: 0.08mg Hesperetin: 0.34mg, Hesperetin: 0.34mg, Hesperetin: 0.34mg, Hesperetin: 0.34mg Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg

Nutrients (% of daily need)

Calories: 669.05kcal (33.45%), Fat: 50.06g (77.02%), Saturated Fat: 12.83g (80.17%), Carbohydrates: 5.99g (2%), Net Carbohydrates: 5.46g (1.99%), Sugar: 4g (4.44%), Cholesterol: 188.6mg (62.87%), Sodium: 486.78mg (21.16%),

Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 47.06g (94.12%), Vitamin B3: 15.71mg (78.56%), Selenium: 38.48µg (54.98%), Vitamin B6: 0.91mg (45.74%), Phosphorus: 356.31mg (35.63%), Zinc: 3.5mg (23.32%), Vitamin B5: 1.99mg (19.85%), Magnesium: 60.32mg (15.08%), Iron: 2.58mg (14.31%), Vitamin B2: 0.24mg (14.02%), Vitamin E: 2.08mg (13.89%), Vitamin B12: 0.78µg (13.06%), Potassium: 452.81mg (12.94%), Vitamin K: 12.7µg (12.09%), Manganese: 0.19mg (9.72%), Vitamin B1: 0.13mg (8.89%), Vitamin A: 399.07IU (7.98%), Copper: 0.15mg (7.39%), Folate: 17.8µg (4.45%), Vitamin C: 3.21mg (3.89%), Calcium: 36.6mg (3.66%), Fiber: 0.53g (2.12%), Vitamin D: 0.24µg (1.63%)