



Chicken Wings with Korean Chile

 Gluten Free  Dairy Free

READY IN



90 min.

SERVINGS



4

CALORIES



2645 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 3 pounds chicken wings
- ☐ 1 teaspoon garlic finely chopped
- ☐ 1 pinch ginger finely chopped
- ☐ 0.3 cup to-ban-jan (Korean chile paste)
- ☐ 0.5 cup catsup
- ☐ 4 servings pepper black
- ☐ 1 cup rice vinegar
- ☐ 1.5 tablespoons rice vinegar

- ☐ 1 teaspoon salt
- ☐ 4 servings salt and pepper black
- ☐ 0.5 teaspoon sesame oil
- ☐ 1 teaspoon sesame seed toasted
- ☐ 1.5 tablespoons soya sauce
- ☐ 3 tablespoons sugar
- ☐ 1 quart vegetable oil (as necessary)

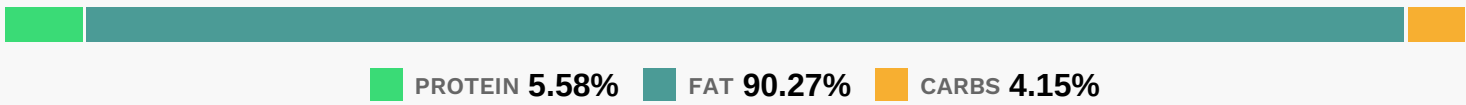
Equipment

- ☐ bowl
- ☐ paper towels
- ☐ sauce pan
- ☐ pot

Directions

- ☐ Heat the vinegar and sugar in a small saucepan just until the sugar melts, then pour over remaining pickle ingredients in a bowl and stir.
- ☐ Let sit for 1 hour before serving. (The pickles can be made in advance and kept in an airtight container in the refrigerator.)
- ☐ Make the chicken: Fill a large pot halfway with the oil and heat to 375°F. Season the wings with salt and pepper and deep-fry just until they float.
- ☐ Drain on paper towels.
- ☐ Combine all the ingredients in a large bowl. When the wings are done, toss them with the sauce and serve with the pickles.

Nutrition Facts



Properties

Glycemic Index:74.27, Glycemic Load:6.45, Inflammation Score:-10, Nutrition Score:32.661739235339%

Flavonoids

Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.27mg, Quercetin: 0.27mg, Quercetin: 0.27mg, Quercetin: 0.27mg

Nutrients (% of daily need)

Calories: 2645.27kcal (132.26%), Fat: 269.56g (414.71%), Saturated Fat: 44.91g (280.69%), Carbohydrates: 27.86g (9.29%), Net Carbohydrates: 20.75g (7.55%), Sugar: 16.95g (18.83%), Cholesterol: 141.45mg (47.15%), Sodium: 1883.48mg (81.89%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 37.5g (75%), Vitamin K: 457.07µg (435.3%), Vitamin E: 27.87mg (185.81%), Vitamin A: 6270.3IU (125.41%), Vitamin B3: 13.9mg (69.5%), Vitamin B6: 1.13mg (56.53%), Selenium: 33.45µg (47.79%), Phosphorus: 325.54mg (32.55%), Iron: 5.6mg (31.1%), Fiber: 7.11g (28.44%), Manganese: 0.51mg (25.53%), Vitamin B2: 0.41mg (24.18%), Zinc: 3.43mg (22.87%), Potassium: 779.09mg (22.26%), Magnesium: 71.98mg (18%), Copper: 0.34mg (16.85%), Vitamin B5: 1.63mg (16.28%), Calcium: 104.43mg (10.44%), Vitamin B1: 0.15mg (10.03%), Vitamin B12: 0.59µg (9.8%), Folate: 17.34µg (4.33%), Vitamin C: 2.9mg (3.52%), Vitamin D: 0.18µg (1.22%)