



## Chicken Wings with Salsa Verde

 Gluten Free  Dairy Free

READY IN



313 min.

SERVINGS



8

CALORIES



438 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- 1 teaspoon anchovy paste
- 1.5 teaspoons peppercorns black
- 0.5 teaspoon capers
- 5 pounds chicken wings cut in half at the joint
- 2 teaspoons basil dried
- 2 teaspoons rosemary dried
- 0.5 cup basil fresh
- 0.5 cup parsley fresh

- 1 tablespoon garlic chopped
- 4 cloves garlic smashed
- 2 teaspoons sea salt
- 2 teaspoons ground pepper white
- 0.8 cup kosher salt
- 2 teaspoons kosher salt
- 8 servings kosher salt
- 2 tablespoons juice of lemon fresh
- 0.3 cup olive oil extra-virgin
- 1 tablespoon onion chopped
- 1 teaspoon oregano dried
- 2 teaspoons paprika
- 0.5 teaspoon pepper flakes red
- 2 tablespoons roasted peppers red chopped

## Equipment

- food processor
- frying pan
- pot
- aluminum foil
- broiler
- ziploc bags

## Directions

- Watch how to make this recipe.
- Prepare the brine: In a large soup pot, bring 8 cups water to a boil.
- Add the kosher salt, peppercorns and garlic; remove from heat.
- Let cool 30 minutes, then transfer to a large pot or ice chest lined with a large garbage bag.

- Add another 8 cups water, then add the wings and twist the bag closed. Refrigerate for 4 hours.
- Mix all the rub ingredients in a large resealable plastic bag.
- Drain the wings. Rinse under cool water, pat very dry and put in the bag with the rub.
- Mix to coat evenly. Seal the bag and refrigerate until ready to cook. (You can do this a day ahead.)
- Preheat the broiler.
- Remove the wings from the bag and place in a single layer on a lightly oiled foil-lined pan. Broil for 8 minutes, then turn and cook for an additional 5 to 8 minutes, or until crisp and golden.
- Meanwhile, combine all the ingredients for the salsa, except the olive oil, in a food processor, using salt to taste. Slowly add the oil and puree until smooth.
- Serve the wings with the salsa.
- Photograph by James Baigrie

## Nutrition Facts

**PROTEIN 26.76%** **FAT 69.85%** **CARBS 3.39%**

### Properties

Glycemic Index:39.5, Glycemic Load:0.45, Inflammation Score:-7, Nutrition Score:16.60347823993%

### Flavonoids

Eriodictyol: 0.18mg, Eriodictyol: 0.18mg, Eriodictyol: 0.18mg, Eriodictyol: 0.18mg Hesperetin: 0.54mg, Hesperetin: 0.54mg, Hesperetin: 0.54mg, Hesperetin: 0.54mg Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg Apigenin: 8.09mg, Apigenin: 8.09mg, Apigenin: 8.09mg, Apigenin: 8.09mg Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg Isorhamnetin: 0.06mg, Isorhamnetin: 0.06mg, Isorhamnetin: 0.06mg, Isorhamnetin: 0.06mg Kaempferol: 0.23mg, Kaempferol: 0.23mg, Kaempferol: 0.23mg, Kaempferol: 0.23mg Myricetin: 0.6mg, Myricetin: 0.6mg, Myricetin: 0.6mg, Myricetin: 0.6mg Quercetin: 0.54mg, Quercetin: 0.54mg, Quercetin: 0.54mg, Quercetin: 0.54mg

### Nutrients (% of daily need)

Calories: 437.55kcal (21.88%), Fat: 33.74g (51.92%), Saturated Fat: 8.17g (51.06%), Carbohydrates: 3.69g (1.23%), Net Carbohydrates: 2.57g (0.93%), Sugar: 0.31g (0.34%), Cholesterol: 118.51mg (39.5%), Sodium: 11584.66mg (503.68%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 29.09g (58.17%), Vitamin K: 81.04µg (77.18%), Vitamin B3: 9.43mg (47.16%), Selenium: 24.97µg (35.67%), Vitamin B6: 0.62mg (30.94%), Phosphorus: 220.53mg (22.05%), Vitamin A: 934.97IU (18.7%), Manganese: 0.31mg (15.62%), Zinc: 2.27mg (15.11%), Iron: 2.64mg (14.67%),

Vitamin E: 2.11mg (14.06%), Vitamin C: 10.52mg (12.75%), Vitamin B5: 1.26mg (12.56%), Magnesium: 38.65mg (9.66%), Potassium: 335.77mg (9.59%), Vitamin B2: 0.16mg (9.54%), Vitamin B12: 0.5µg (8.27%), Copper: 0.13mg (6.53%), Vitamin B1: 0.09mg (6.15%), Calcium: 58.73mg (5.87%), Fiber: 1.12g (4.47%), Folate: 16.89µg (4.22%), Vitamin D: 0.17µg (1.11%)