



Chile-Rubbed Wings



Gluten Free



Dairy Free



Low Fod Map

READY IN



55 min.

SERVINGS



9

CALORIES



311 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1.5 tablespoons ancho chile powder
- ☐ 3 pounds chicken wings split
- ☐ 0.1 teaspoon ground cloves
- ☐ 1.5 teaspoons ground coriander
- ☐ 1.5 teaspoons ground cumin
- ☐ 9 servings kosher salt and pepper freshly ground
- ☐ 9 servings vegetable oil for greasing

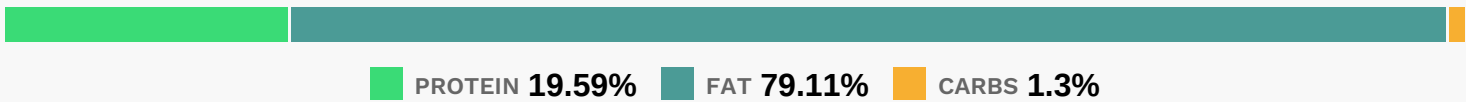
Equipment

- ☐ food processor
- ☐ bowl
- ☐ baking sheet
- ☐ baking paper
- ☐ oven

Directions

- ☐ Position racks in the upper and lower thirds of the oven and preheat to 450 degrees F. Line 2 baking sheets with parchment paper and lightly oil.
- ☐ Mix the chile powder, cumin, coriander, cloves, 2 teaspoons salt and 3/4 teaspoon pepper in a large bowl.
- ☐ Add the wings and toss to coat.
- ☐ Spread the wings, spaced apart, on the prepared baking sheets.
- ☐ Bake, turning once, until browned and crisp, about 40 minutes.
- ☐ Ancho chile powder gives these a slightly smoky kick; serious wing lovers will want to step up the heat.
- ☐ Put 2 jalapenos, 1/2 cup cilantro, 1/4 teaspoon cayenne, the juice of 1 lime and 1 1/2 tablespoons vegetable oil in a food processor and finely chop. Toss with the wings; marinate 2 hours.
- ☐ Brush off the marinade and rub and bake as directed, omitting the black pepper.
- ☐ Marinate the wings in the jalapeno mixture (see above), then rub and bake as directed. About 5 minutes before they're finished baking, brush with a mixture of 3 tablespoons each honey and Sriracha sauce (hot Asian chili sauce).
- ☐ Photograph by Charles Masters

Nutrition Facts



Properties

Glycemic Index:0.56, Glycemic Load:0.01, Inflammation Score:-4, Nutrition Score:7.6704348092494%

Nutrients (% of daily need)

Calories: 311.09kcal (15.55%), Fat: 27.37g (42.1%), Saturated Fat: 5.84g (36.47%), Carbohydrates: 1.01g (0.34%), Net Carbohydrates: 0.36g (0.13%), Sugar: 0.1g (0.12%), Cholesterol: 62.87mg (20.96%), Sodium: 276.01mg (12%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 15.25g (30.5%), Vitamin K: 27.21µg (25.92%), Vitamin B3: 5.02mg (25.08%), Selenium: 13.03µg (18.62%), Vitamin B6: 0.32mg (15.76%), Vitamin E: 1.91mg (12.75%), Phosphorus: 114.83mg (11.48%), Vitamin A: 519.63IU (10.39%), Zinc: 1.18mg (7.84%), Iron: 1.29mg (7.16%), Vitamin B5: 0.64mg (6.37%), Vitamin B2: 0.09mg (5.09%), Magnesium: 19.08mg (4.77%), Potassium: 163.88mg (4.68%), Vitamin B12: 0.26µg (4.35%), Manganese: 0.07mg (3.6%), Vitamin B1: 0.05mg (3.03%), Copper: 0.05mg (2.66%), Fiber: 0.65g (2.59%), Calcium: 19.96mg (2%)