



Chipotle-Honey–Glazed Chicken Wings with Toasted Sesame Seeds and Green Onion



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



855 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 4 tablespoons ancho chile powder
- ☐ 4 tablespoons canola oil
- ☐ 3 pounds chicken wings
- ☐ 2 tablespoons chipotle chiles in adobo pureed canned
- ☐ 2 tablespoons dijon mustard
- ☐ 3 green onions thinly sliced
- ☐ 2 teaspoons ground coriander

- ☐ 2 teaspoons ground cumin
- ☐ 1 cup honey
- ☐ 4 servings kosher salt and pepper black freshly ground
- ☐ 2 teaspoons paprika spanish
- ☐ 2 tablespoons sesame seed toasted

Equipment

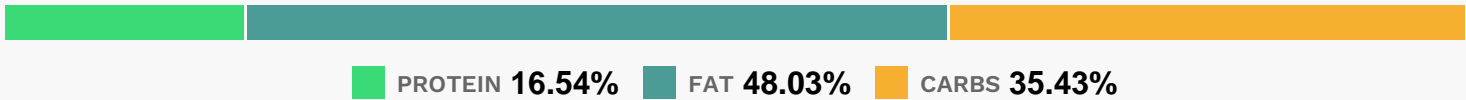
- ☐ bowl
- ☐ paper towels
- ☐ whisk
- ☐ grill

Directions

- ☐ Heat your grill to medium-high
- ☐ Whisk together the honey, chipotle puree, 1 tablespoon of the mustard, 1 tablespoon of the ancho powder, 1 teaspoon salt, and 2 tablespoons of the oil in a small bowl. Divide the glaze evenly between 2 bowls, one small, the other large.
- ☐ Stir together the remaining 3 tablespoons of ancho powder with the coriander, cumin, and paprika in a small bowl.
- ☐ Rinse the chicken wings under cold water and pat dry with paper towels.
- ☐ Cut the tips off the wings and discard (or freeze and use for making chicken stock).
- ☐ Cut each wing into 2 pieces through the joint.
- ☐ Place the chicken wings in a large bowl, add the spice rub and the remaining 2 tablespoons oil, and toss to coat. Season with salt and pepper and place the wings on the grill in an even layer. Grill until golden brown and slightly charred, 4 to 5 minutes. Reduce the heat of the grill to medium, turn the wings over, and close the lid of the grill. Continue grilling until just cooked through, 15 to 20 minutes longer, brushing with the small bowl of glaze every few minutes and turning once during the last 10 minutes of cooking.
- ☐ Transfer the wings to the large bowl, brush with the reserved glaze, and toss to coat.
- ☐ Transfer to a platter and sprinkle with the sesame seeds and green onions.
- ☐ Taste

- ☐ Book, using the USDA Nutrition Database
- ☐ Bobby Flay's Mesa Grill Cookbook by Bobby Flay. Copyright © 2007 by Bobby Flay. Published by Crown Publishing Group. All Right Reserved.Bobby Flay opened his first restaurant, Mesa Grill, in 1991 and quickly developed a following for his innovative Southwestern cuisine. The restaurant continues to get high marks in The Zagat Survey for its regional American cuisine and has spawned two offshoots, Mesa Grill in Caesar's Palace in Las Vegas and Mesa Grill Atlantis in the Bahamas. Bobby opened Bolo in 1993, Bar American in 2005, and Bobby Flay Steak in 200
- ☐ He is also the food correspondent for The Early Show on CBS and has hosted numerous popular cooking shows since his debut on Food Network in 1996, from the Emmy-nominated Boy Meets Grill to the Iron Chef America Series and Throwdown with Bobby Flay . This is his seventh book.
- ☐ add notes my notes
- ☐ edit my notes
- ☐ done

Nutrition Facts



Properties

Glycemic Index:55.07, Glycemic Load:36.8, Inflammation Score:-9, Nutrition Score:24.067391426667%

Flavonoids

Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg Quercetin: 0.97mg, Quercetin: 0.97mg, Quercetin: 0.97mg, Quercetin: 0.97mg

Nutrients (% of daily need)

Calories: 854.78kcal (42.74%), Fat: 47.15g (72.54%), Saturated Fat: 9.79g (61.16%), Carbohydrates: 78.26g (26.09%), Net Carbohydrates: 72.93g (26.52%), Sugar: 71.11g (79.01%), Cholesterol: 141.45mg (47.15%), Sodium: 355.3mg (15.45%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 36.53g (73.07%), Vitamin B3: 12.28mg (61.4%), Vitamin A: 2828.25IU (56.56%), Selenium: 35.09µg (50.12%), Vitamin B6: 0.88mg (44.25%), Vitamin E: 6.21mg (41.41%), Vitamin K: 37.52µg (35.73%), Phosphorus: 316.35mg (31.63%), Iron: 5.35mg (29.7%), Zinc: 3.47mg (23.13%), Manganese: 0.45mg (22.44%), Fiber: 5.33g (21.33%), Copper: 0.38mg (19.11%), Magnesium: 73.55mg (18.39%), Vitamin B2: 0.3mg (17.62%), Potassium: 578.54mg (16.53%), Vitamin B5: 1.58mg (15.76%), Calcium: 120.75mg (12.08%), Vitamin B1: 0.17mg (11.27%), Vitamin B12: 0.59µg (9.8%), Vitamin C: 6.93mg (8.4%), Folate:

22.7μg (5.67%), Vitamin D: 0.18μg (1.22%)