

Cook the Book: Braised 'Red Cooked' Wings, Shanghai-Style

 Gluten Free  Dairy Free

READY IN



45 min.

SERVINGS



24

CALORIES



150 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 0.5 cup brown sugar packed
- ☐ 24 chicken wings
- ☐ 3 inch cinnamon
- ☐ 6 cloves garlic minced
- ☐ 0.3 cup ginger chopped
- ☐ 2 tablespoons hoisin sauce
- ☐ 1 tablespoon orange zest grated

- ☐ 1 teaspoon pepper red crushed
- ☐ 2 cups red wine
- ☐ 0.5 cup soya sauce dark

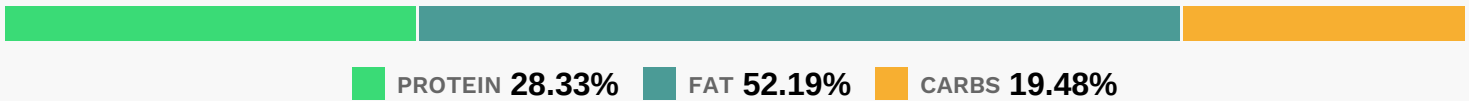
Equipment

- ☐ bowl
- ☐ frying pan

Directions

- ☐ Cut off the wing tips and save them for making stock.
- ☐ Cut the wings in half through the joint. In a large bowl, combine all the remaining ingredients.
- ☐ Place a deep 12-inch pan over medium heat.
- ☐ Add the red wine mixture and bring to a simmer.
- ☐ Add the chicken wings. Bring to a low boil, cover, turn the heat to low, and simmer until the wings become very tender, about 30 minutes. Stir occasionally. This can be done 24 hours prior to serving.
- ☐ To serve, bring the wings and sauce to a low boil. Cook until nearly all the sauce evaporates and forms a glaze around the wings.
- ☐ Serve.

Nutrition Facts



Properties

Glycemic Index:3.33, Glycemic Load:0.21, Inflammation Score:-2, Nutrition Score:3.8491304322429%

Flavonoids

Cyanidin: 0.04mg, Cyanidin: 0.04mg, Cyanidin: 0.04mg, Cyanidin: 0.04mg Petunidin: 0.4mg, Petunidin: 0.4mg, Petunidin: 0.4mg, Petunidin: 0.4mg Delphinidin: 0.4mg, Delphinidin: 0.4mg, Delphinidin: 0.4mg, Delphinidin: 0.4mg Malvidin: 2.77mg, Malvidin: 2.77mg, Malvidin: 2.77mg, Malvidin: 2.77mg Peonidin: 0.25mg, Peonidin: 0.25mg, Peonidin: 0.25mg, Peonidin: 0.25mg Catechin: 1.43mg, Catechin: 1.43mg, Catechin: 1.43mg, Catechin: 1.43mg Epigallocatechin: 0.01mg, Epigallocatechin: 0.01mg, Epigallocatechin: 0.01mg, Epigallocatechin: 0.01mg

Epicatechin: 0.76mg, Epicatechin: 0.76mg, Epicatechin: 0.76mg, Epicatechin: 0.76mg Hesperetin: 0.13mg, Hesperetin: 0.13mg, Hesperetin: 0.13mg, Hesperetin: 0.13mg Naringenin: 0.35mg, Naringenin: 0.35mg, Naringenin: 0.35mg, Naringenin: 0.35mg Apigenin: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Myricetin: 0.1mg, Myricetin: 0.1mg, Myricetin: 0.1mg, Myricetin: 0.1mg Quercetin: 0.22mg, Quercetin: 0.22mg, Quercetin: 0.22mg, Quercetin: 0.22mg Gallocatechin: 0.02mg, Gallocatechin: 0.02mg, Gallocatechin: 0.02mg, Gallocatechin: 0.02mg

Nutrients (% of daily need)

Calories: 149.65kcal (7.48%), Fat: 7.75g (11.92%), Saturated Fat: 2.17g (13.54%), Carbohydrates: 6.51g (2.17%), Net Carbohydrates: 6.27g (2.28%), Sugar: 5.05g (5.61%), Cholesterol: 37.05mg (12.35%), Sodium: 330.4mg (14.37%), Alcohol: 2.12g (100%), Alcohol %: 3.32% (100%), Protein: 9.47g (18.93%), Vitamin B3: 3.13mg (15.65%), Selenium: 7.74µg (11.06%), Vitamin B6: 0.21mg (10.26%), Phosphorus: 76.88mg (7.69%), Manganese: 0.1mg (5.18%), Zinc: 0.71mg (4.75%), Iron: 0.76mg (4.2%), Vitamin B5: 0.41mg (4.08%), Potassium: 128.15mg (3.66%), Magnesium: 14.59mg (3.65%), Vitamin B2: 0.06mg (3.59%), Vitamin B12: 0.15µg (2.56%), Vitamin B1: 0.03mg (1.95%), Vitamin A: 97.32IU (1.95%), Copper: 0.04mg (1.91%), Calcium: 16.01mg (1.6%), Vitamin E: 0.19mg (1.24%), Vitamin C: 0.97mg (1.18%)