

Cook the Book: Mahogany-Glazed Chicken Wings

 **Gluten Free**  **Dairy Free**

READY IN



2880 min.

SERVINGS



4

CALORIES



656 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 3.3 pounds chicken wings with a paring knife rinsed
- 0.3 cup apple cider vinegar
- 0.3 cup sherry dry
- 6 large garlic clove
- 0.5 cup hoisin sauce
- 0.3 cup honey
- 0.3 cup plum sauce chinese

- 0.5 cup soya sauce

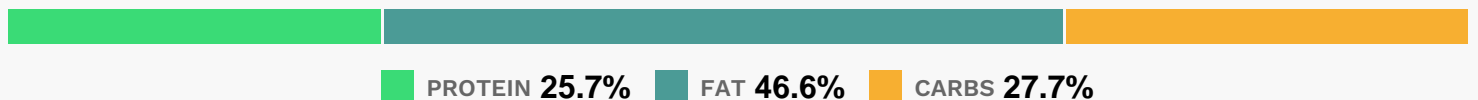
Equipment

- food processor
- oven
- knife
- blender
- baking pan
- aluminum foil
- ziploc bags

Directions

- In a blender or food processor, purée the hoisin sauce, soy sauce, honey, plum sauce, sherry, cider vinegar, and garlic. Reserve ¼ cup of the marinade for basting the wings.
- Combine the remaining mixture with the chicken wings in large plastic bags and refrigerate for 12 to 48 hours.
- Preheat the oven to 325°F. Line a large shallow baking pan (a half-sheet pan is ideal) with foil. Set a large cake rack inside the pan. Arrange the wings on the rack, trying not to stack them so they can all caramelize evenly.
- Roast the chicken for 1¼ to 1½ hours, turning the wings often and basting them with the reserved marinade until the last 30 minutes of cooking. Halfway through the roasting, pierce each wing several times with a knife to release some of its fat and help it crisp. The wings are cooked when they are easily pierced with a knife. If in doubt, roast longer.
- Give the wings a final crisping by raising the heat to 450°F. for 15 to 20 minutes, turning them so they are a rich red-brown on all sides. Pile the wings on a platter and serve warm or at room temperature.

Nutrition Facts



Properties

Glycemic Index:38.07, Glycemic Load:9.84, Inflammation Score:-4, Nutrition Score:16.543043485154%

Flavonoids

Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg Catechin: 0.12mg, Catechin: 0.12mg, Catechin: 0.12mg, Catechin: 0.12mg Epicatechin: 0.08mg, Epicatechin: 0.08mg, Epicatechin: 0.08mg, Epicatechin: 0.08mg Hesperetin: 0.06mg, Hesperetin: 0.06mg, Hesperetin: 0.06mg, Hesperetin: 0.06mg Naringenin: 0.06mg, Naringenin: 0.06mg, Naringenin: 0.06mg, Naringenin: 0.06mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg Quercetin: 0.08mg, Quercetin: 0.08mg, Quercetin: 0.08mg, Quercetin: 0.08mg

Nutrients (% of daily need)

Calories: 656.46kcal (32.82%), Fat: 33.2g (51.07%), Saturated Fat: 9.15g (57.17%), Carbohydrates: 44.41g (14.8%), Net Carbohydrates: 42.95g (15.62%), Sugar: 27.52g (30.58%), Cholesterol: 154.27mg (51.42%), Sodium: 2427.76mg (105.55%), Alcohol: 1.54g (100%), Alcohol %: 0.58% (100%), Protein: 41.19g (82.39%), Vitamin B3: 13.61mg (68.04%), Selenium: 32.61µg (46.59%), Vitamin B6: 0.86mg (42.96%), Phosphorus: 329.28mg (32.93%), Manganese: 0.44mg (21.83%), Zinc: 3.04mg (20.27%), Vitamin B2: 0.33mg (19.12%), Iron: 3.44mg (19.09%), Vitamin B5: 1.72mg (17.16%), Magnesium: 61.76mg (15.44%), Potassium: 512.84mg (14.65%), Vitamin B12: 0.64µg (10.61%), Copper: 0.2mg (10.12%), Vitamin B1: 0.13mg (8.48%), Vitamin A: 303.21IU (6.06%), Fiber: 1.46g (5.86%), Folate: 22.94µg (5.73%), Calcium: 54.78mg (5.48%), Vitamin E: 0.7mg (4.65%), Vitamin C: 3.14mg (3.8%), Vitamin D: 0.2µg (1.33%)