



Crispy Baked Peanut Sweet Chili Chicken Wings



Gluten Free



Dairy Free



Low Fod Map

READY IN



50 min.

SERVINGS



4

CALORIES



419 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 2 pounds chicken wings
- ☐ 1 tablespoon chili sauce or to taste (such as sriracha)
- ☐ 2 tablespoons juice of lime (- 1 lime)
- ☐ 1 tablespoon oil
- ☐ 2 tablespoons peanut butter
- ☐ 1 tablespoon soya sauce
- ☐ 0.3 cup chili sauce sweet

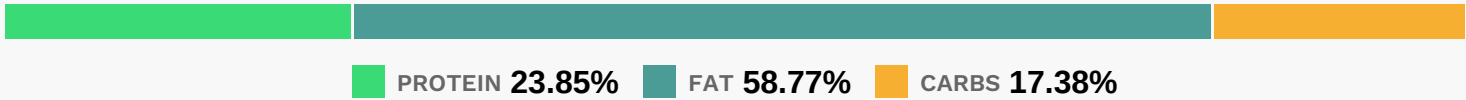
Equipment

- ☐ baking sheet
- ☐ sauce pan
- ☐ oven
- ☐ aluminum foil

Directions

- ☐ Toss the wings in the oil, place them on a rack, on a foil lined baking sheet and bake in a preheated 400F oven on the upper shelf until golden brown and crispy, about 45–50 minutes. Meanwhile, mix the remaining ingredients in a small sauce pan over medium heat until the peanut butter as melted and set aside. Toss the wings in the sauce and enjoy!

Nutrition Facts



Properties

Glycemic Index:19.75, Glycemic Load:3.18, Inflammation Score:-3, Nutrition Score:10.296956510647%

Nutrients (% of daily need)

Calories: 418.5kcal (20.93%), Fat: 27.33g (42.05%), Saturated Fat: 6.58g (41.1%), Carbohydrates: 18.19g (6.06%), Net Carbohydrates: 17.18g (6.25%), Sugar: 14.76g (16.4%), Cholesterol: 94.3mg (31.43%), Sodium: 741.96mg (32.26%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 24.96g (49.93%), Vitamin B3: 8.64mg (43.2%), Selenium: 19.87µg (28.38%), Vitamin B6: 0.49mg (24.66%), Phosphorus: 200.09mg (20.01%), Magnesium: 51.25mg (12.81%), Zinc: 1.86mg (12.37%), Vitamin E: 1.79mg (11.92%), Vitamin B5: 1.04mg (10.4%), Potassium: 313.25mg (8.95%), Iron: 1.59mg (8.84%), Vitamin B2: 0.14mg (8.26%), Manganese: 0.15mg (7.49%), Vitamin B1: 0.11mg (7.2%), Vitamin B12: 0.41µg (6.89%), Copper: 0.1mg (4.89%), Vitamin A: 208.47IU (4.17%), Fiber: 1.01g (4.04%), Folate: 15.53µg (3.88%), Vitamin K: 2.94µg (2.8%), Calcium: 27.22mg (2.72%), Vitamin C: 1.76mg (2.13%)