



Deviled Chicken Wings

READY IN



60 min.

SERVINGS



4

CALORIES



620 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.3 teaspoon cayenne
- ☐ 3 pounds chicken wings 12 to 14
- ☐ 0.5 cup dijon mustard
- ☐ 1 teaspoon kosher salt
- ☐ 2 teaspoons mustard seeds
- ☐ 0.8 cup parmesan freshly grated
- ☐ 4 servings salt and pepper black freshly ground
- ☐ 2 tablespoons vegetable oil
- ☐ 3 slices sandwich bread white firm

☐ 2 teaspoons white-wine vinegar

Equipment

☐ food processor

☐ bowl

☐ oven

☐ whisk

☐ mortar and pestle

☐ broiler pan

Directions

☐ Cut off wing tips, reserving for another use, and halve wings at joint. Discard crusts from bread and in a food processor finely grind bread. Measure out 1 1/2 cups bread crumbs. With a mortar and pestle or in an electric coffee/spice grinder coarsely grind mustard seeds.

☐ Preheat oven to 450 degrees F and oil the rack of a broiler pan.

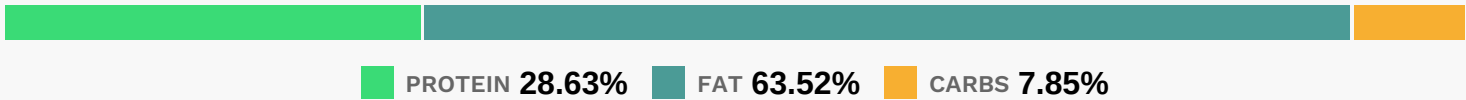
☐ In a large bowl whisk together mustard seeds, mustard, oil, vinegar, salt, and cayenne.

☐ Add wings and stir to coat. In a shallow dish stir together bread crumbs and Parmesan and season with salt and pepper. Press wings, thick-skin sides down, into bread-crumb mixture to coat on both sides and arrange, skin-side up, on rack.

☐ Roast wings in middle of oven until cooked through and golden, about 30 minutes.

☐ Serve chicken wings warm or at room temperature, with celery sticks, carrot sticks, red bell pepper strips, and pea shoots.

Nutrition Facts



Properties

Glycemic Index:49.44, Glycemic Load:6.86, Inflammation Score:-6, Nutrition Score:19.71434781344%

Nutrients (% of daily need)

Calories: 619.79kcal (30.99%), Fat: 43.27g (66.58%), Saturated Fat: 12.61g (78.82%), Carbohydrates: 12.04g (4.01%), Net Carbohydrates: 10.03g (3.65%), Sugar: 1.71g (1.9%), Cholesterol: 154.2mg (51.4%), Sodium: 1448.11mg (62.96%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 43.88g (87.77%), Selenium: 50.76µg (72.52%), Vitamin B3: 12.09mg (60.44%), Phosphorus: 440.56mg (44.06%), Vitamin B6: 0.71mg (35.4%), Calcium: 308.34mg (30.83%), Zinc: 3.42mg (22.81%), Iron: 3.2mg (17.77%), Vitamin B1: 0.26mg (17.46%), Vitamin B2: 0.29mg (17.34%), Vitamin B5: 1.7mg (17%), Magnesium: 67.35mg (16.84%), Manganese: 0.33mg (16.61%), Vitamin B12: 0.81µg (13.55%), Vitamin K: 13.67µg (13.02%), Potassium: 388.47mg (11.1%), Vitamin A: 491.79IU (9.84%), Vitamin E: 1.41mg (9.42%), Folate: 34.23µg (8.56%), Fiber: 2.01g (8.05%), Copper: 0.14mg (6.99%), Vitamin C: 1.62mg (1.97%), Vitamin D: 0.28µg (1.85%)