



## Easy Chicken Wings

 Gluten Free  Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



428 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

## Ingredients

- 700 grams chicken wings
- 0.8 cup catsup
- 3 tablespoons barbecue sauce
- 2 teaspoons honey
- 0.5 tablespoon sesame oil
- 3 drop all the tabasco sauce you handle (or Tabasco sauce)
- 4 servings cooking oil for deep fry

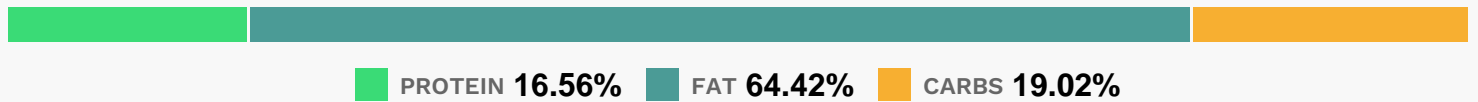
## Equipment

frying pan

## Directions

- Clean and wash chicken wings and drumettes in running water and pat dry.
- Heat oil in the pan over medium heat.
- When the oil is hot add chicken wings and fry for 3–4 minutes or until golden brown.
- Remove from the oil and keep aside.
- In another pan, mix ketchup, BBQ sauce, honey, sesame oil, and Capsico sauce. Stir over the medium flame for few minutes or until sticky and thicken.
- Add deep fried wings in the sauce and toss together until everything is coated with sauce.
- Serve hot with your favorite dips.

## Nutrition Facts



## Properties

Glycemic Index:13.07, Glycemic Load:1.5, Inflammation Score:-4, Nutrition Score:8.8991304347826%

## Flavonoids

Quercetin: 0.39mg, Quercetin: 0.39mg, Quercetin: 0.39mg, Quercetin: 0.39mg

## Taste

Sweetness: 40.4%, Saltiness: 100%, Sourness: 13.29%, Bitterness: 16.45%, Savoriness: 69.62%, Fattiness: 84.31%, Spiciness: 100%

## Nutrients (% of daily need)

Calories: 427.69kcal (21.38%), Fat: 30.97g (47.65%), Saturated Fat: 5.52g (34.53%), Carbohydrates: 20.57g (6.86%), Net Carbohydrates: 20.31g (7.39%), Sugar: 16.82g (18.69%), Cholesterol: 72.77mg (24.25%), Sodium: 614.44mg (26.71%), Protein: 17.91g (35.82%), Vitamin B3: 6.33mg (31.63%), Vitamin E: 3.52mg (23.47%), Selenium: 15.16µg (21.66%), Vitamin B6: 0.41mg (20.63%), Phosphorus: 139.21mg (13.92%), Vitamin K: 11.81µg (11.25%), Vitamin B2: 0.17mg (9.8%), Zinc: 1.36mg (9.09%), Potassium: 306.25mg (8.75%), Vitamin A: 399.29IU (7.99%), Vitamin B5: 0.77mg (7.69%), Iron: 1.15mg (6.41%), Magnesium: 24.64mg (6.16%), Vitamin B12: 0.3µg (5.04%), Copper: 0.09mg (4.39%), Manganese: 0.08mg (4.05%), Vitamin B1: 0.05mg (3.56%), Vitamin C: 2.66mg (3.22%), Calcium: 22.64mg (2.26%), Folate: 8.17µg (2.04%), Fiber: 0.26g (1.04%)