



 7%
HEALTH SCORE

Ethiopian Chicken

 Gluten Free  Dairy Free

READY IN



60 min.

SERVINGS



4

CALORIES



462 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 16 chicken wings split
- 0.5 teaspoon ground cinnamon
- 0.5 teaspoon ground cloves
- 0.1 teaspoon ground ginger
- 1 onion chopped
- 0.7 cup soya sauce

Equipment

- baking sheet

sauce pan

oven

pot

Directions

Place chicken wings and onion in a soup pot, and fill with enough water to cover. Bring to a boil, and cook for 20 minutes.

Preheat the oven to 375 degrees F (190 degrees C). While the wings are cooking, combine the soy sauce, cinnamon, cloves and ginger in a saucepan, and warm over medium heat. When chicken is done, drain water (may be reserved for other uses as a broth), and pour in the soy sauce mixture. Stir to coat all of the wings, then place them in a single layer on a cookie sheet.

Bake for 15 minutes in the preheated oven, or until the outsides are crispy. Baste with sauce as desired while cooking.

Nutrition Facts

PROTEIN 34.74% **FAT 60.76%** **CARBS 4.5%**

Properties

Glycemic Index:11.75, Glycemic Load:0.85, Inflammation Score:-4, Nutrition Score:15.123043630434%

Flavonoids

Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg Kaempferol: 0.18mg, Kaempferol: 0.18mg, Kaempferol: 0.18mg, Kaempferol: 0.18mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 5.58mg, Quercetin: 5.58mg, Quercetin: 5.58mg, Quercetin: 5.58mg

Nutrients (% of daily need)

Calories: 462.48kcal (23.12%), Fat: 30.81g (47.39%), Saturated Fat: 8.64g (54%), Carbohydrates: 5.13g (1.71%), Net Carbohydrates: 4.13g (1.5%), Sugar: 1.84g (2.04%), Cholesterol: 148.02mg (49.34%), Sodium: 2302.09mg (100.09%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 39.63g (79.27%), Vitamin B3: 12.97mg (64.83%), Selenium: 30.3µg (43.29%), Vitamin B6: 0.78mg (39.25%), Phosphorus: 312.52mg (31.25%), Manganese: 0.48mg (23.89%), Zinc: 2.78mg (18.55%), Vitamin B5: 1.65mg (16.54%), Iron: 2.87mg (15.93%), Vitamin B2: 0.24mg (13.89%), Magnesium: 53.75mg (13.44%), Potassium: 426.47mg (12.18%), Vitamin B12: 0.62µg (10.25%), Vitamin B1: 0.13mg (8.55%), Copper: 0.14mg (7.19%), Vitamin A: 284.3IU (5.69%), Folate: 19.96µg (4.99%), Calcium: 41.28mg (4.13%), Vitamin C: 3.39mg (4.11%), Vitamin E: 0.61mg (4.07%), Fiber: 1g (4.01%), Vitamin D: 0.19µg (1.28%)