



Five-Spice Chicken Wings



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



416 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1.5 teaspoons five-spice powder chinese
- ☐ 3 lb chicken wings (16)
- ☐ 1.5 teaspoons garlic minced
- ☐ 1.3 teaspoons salt
- ☐ 1.5 teaspoons soya sauce

Equipment

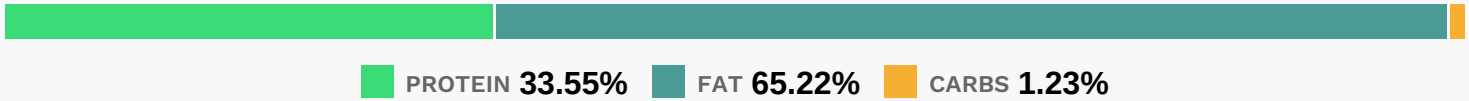
- ☐ bowl
- ☐ knife

- ☐ broiler
- ☐ broiler pan

Directions

- ☐ Preheat broiler and oil rack of a broiler pan.
- ☐ Stir together garlic, five-spice powder, salt, and soy sauce in a large bowl.
- ☐ Cut off and discard tips from chicken wings with kitchen shears or a large heavy knife, then halve wings at joint. Pat dry and add to spice mixture, tossing to coat.
- ☐ Arrange wings in 1 layer on broiler pan and broil 6 to 7 inches from heat, turning over once, until browned and cooked through, 16 to 20 minutes total.

Nutrition Facts



Properties

Glycemic Index:12.5, Glycemic Load:0.15, Inflammation Score:-3, Nutrition Score:11.881739316589%

Flavonoids

Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg

Nutrients (% of daily need)

Calories: 415.91kcal (20.8%), Fat: 29.58g (45.51%), Saturated Fat: 8.24g (51.5%), Carbohydrates: 1.25g (0.42%), Net Carbohydrates: 0.99g (0.36%), Sugar: 0.05g (0.05%), Cholesterol: 141.45mg (47.15%), Sodium: 986.93mg (42.91%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 34.25g (68.49%), Vitamin B3: 11.03mg (55.15%), Selenium: 28.73µg (41.04%), Vitamin B6: 0.67mg (33.56%), Phosphorus: 253.74mg (25.37%), Zinc: 2.55mg (16.98%), Vitamin B5: 1.43mg (14.34%), Iron: 2.38mg (13.21%), Vitamin B2: 0.17mg (10.04%), Vitamin B12: 0.59µg (9.8%), Magnesium: 36.82mg (9.2%), Potassium: 317.63mg (9.08%), Vitamin B1: 0.1mg (6.46%), Vitamin A: 274.81IU (5.5%), Manganese: 0.1mg (4.97%), Copper: 0.1mg (4.8%), Vitamin E: 0.55mg (3.68%), Calcium: 34.67mg (3.47%), Vitamin C: 1.95mg (2.37%), Folate: 7.94µg (1.98%), Vitamin D: 0.18µg (1.22%), Fiber: 0.26g (1.04%)