



Fried Chicken Wings

READY IN



125 min.

SERVINGS



6

CALORIES



4786 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 4 pounds chicken wings (14 wings)
- ☐ 1.5 teaspoons chili powder
- ☐ 2 large eggs
- ☐ 2 cups flour all-purpose
- ☐ 0.3 cup garlic minced
- ☐ 1.5 cups milk
- ☐ 0.5 cup onion minced
- ☐ 1 tablespoon oregano dried
- ☐ 1 tablespoon paprika

- ☐ 0.3 teaspoon pepper
- ☐ 3 tablespoons pepper
- ☐ 0.8 teaspoon salt
- ☐ 1 tablespoon salt
- ☐ 3 qt vegetable oil

Equipment

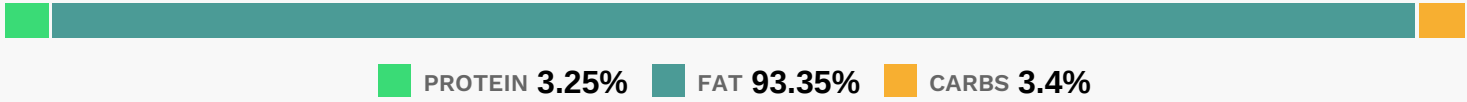
- ☐ bowl
- ☐ frying pan
- ☐ paper towels
- ☐ oven
- ☐ whisk
- ☐ wire rack
- ☐ dutch oven

Directions

- ☐ Pat chicken dry.
- ☐ Place chicken and next 4 ingredients in a large bowl; toss to combine.
- ☐ Whisk together eggs and milk; pour over chicken.
- ☐ Let stand 20 minutes.
- ☐ Pour oil into a 7 1/2-qt. Dutch oven; heat to 32
- ☐ Whisk together flour and next 5 ingredients in a large bowl.
- ☐ Remove chicken from egg mixture, reserving egg mixture.
- ☐ Drain chicken well.
- ☐ Dredge half of chicken in flour mixture, shaking off excess. Dip chicken in egg mixture, and dredge in flour mixture again.
- ☐ Fry chicken 7 to 9 minutes or until browned.
- ☐ Drain on a wire rack over paper towels.
- ☐ Place on a wire rack in a jelly-roll pan, and keep warm in a 200 oven. (Do not cover.)

- ☐ Return oil to 325; repeat Steps 5 and 6 with remaining chicken, flour mixture, and egg mixture.
- ☐ Make-Ahead Tip: Fry chicken up to 1 hour ahead, and keep warm in a 200 oven. Or, make it the day before and chill.
- ☐ Bake on a wire rack in a jelly-roll pan at 300 for 45 minutes.

Nutrition Facts



Properties

Glycemic Index:42.33, Glycemic Load:25.31, Inflammation Score:-9, Nutrition Score:31.839565256368%

Flavonoids

Isorhamnetin: 0.67mg, Isorhamnetin: 0.67mg, Isorhamnetin: 0.67mg, Isorhamnetin: 0.67mg Kaempferol: 0.1mg, Kaempferol: 0.1mg, Kaempferol: 0.1mg, Kaempferol: 0.1mg Myricetin: 0.1mg, Myricetin: 0.1mg, Myricetin: 0.1mg, Myricetin: 0.1mg Quercetin: 2.81mg, Quercetin: 2.81mg, Quercetin: 2.81mg, Quercetin: 2.81mg

Nutrients (% of daily need)

Calories: 4785.92kcal (239.3%), Fat: 503.6g (774.77%), Saturated Fat: 81.3g (508.15%), Carbohydrates: 41.31g (13.77%), Net Carbohydrates: 38.12g (13.86%), Sugar: 3.94g (4.38%), Cholesterol: 195.06mg (65.02%), Sodium: 1631.62mg (70.94%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 39.47g (78.94%), Vitamin K: 882.37µg (840.36%), Vitamin E: 40.15mg (267.65%), Selenium: 46.95µg (67.07%), Vitamin B3: 12.52mg (62.59%), Manganese: 0.9mg (44.91%), Vitamin B6: 0.79mg (39.74%), Phosphorus: 378.96mg (37.9%), Vitamin B2: 0.55mg (32.28%), Vitamin B1: 0.47mg (31.58%), Iron: 4.95mg (27.48%), Folate: 96.53µg (24.13%), Vitamin A: 1183.56IU (23.67%), Zinc: 3.15mg (21.01%), Vitamin B5: 2.05mg (20.51%), Vitamin B12: 1µg (16.67%), Calcium: 155.72mg (15.57%), Potassium: 544.14mg (15.55%), Magnesium: 61.01mg (15.25%), Fiber: 3.19g (12.74%), Copper: 0.22mg (11.12%), Vitamin D: 1.17µg (7.78%), Vitamin C: 3.93mg (4.76%)