



HEALTH SCORE

56%

Fried Chicken Wings with Black Bean Sauce



Dairy Free

READY IN



60 min.

SERVINGS



1

CALORIES



5284 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.5 teaspoon five-spice powder chinese
- ☐ 0.5 cup black bean garlic sauce chinese
- ☐ 4 pounds chicken wings dry
- ☐ 2 tablespoons brown sugar dark
- ☐ 4 cloves garlic minced
- ☐ 0.3 cup soya sauce low-sodium
- ☐ 2 tablespoons rice vinegar
- ☐ 0.3 cup sesame oil toasted

- ☐ 3 tablespoons sriracha chile sauce
- ☐ 6 cups vegetable oil for frying
- ☐ 0.3 cup water

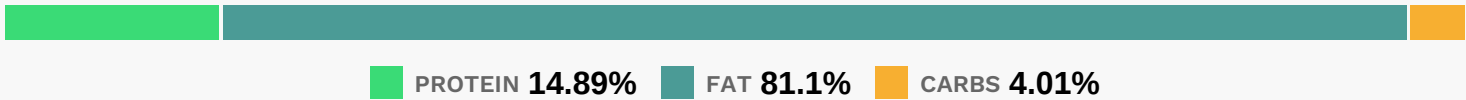
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ baking sheet
- ☐ sauce pan
- ☐ blender

Directions

- ☐ In a blender, puree the black bean sauce, soy sauce, toasted sesame oil, water, Sriracha, brown sugar, rice vinegar, garlic and five-spice powder until smooth.
- ☐ Transfer the black bean sauce to a medium saucepan, bring to a boil and simmer over moderately low heat until thickened and glossy, about 5 minutes.
- ☐ In a large cast-iron skillet, heat the oil to 35
- ☐ Working in batches, fry the wings, turning once, until deep golden and crispy, 12 minutes; be sure to keep the oil at 35
- ☐ Drain the wings on a rack set over a baking sheet.
- ☐ In a large bowl, toss the wings with the black bean sauce until coated.
- ☐ Transfer the wings to a large platter and serve right away.

Nutrition Facts



Properties

Glycemic Index:85, Glycemic Load:1.16, Inflammation Score:-10, Nutrition Score:57.823913221774%

Flavonoids

Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg Myricetin: 0.19mg, Myricetin: 0.19mg, Myricetin: 0.19mg, Myricetin: 0.19mg Quercetin: 0.21mg, Quercetin: 0.21mg, Quercetin: 0.21mg, Quercetin: 0.21mg

Nutrients (% of daily need)

Calories: 5283.69kcal (264.18%), Fat: 476.66g (733.33%), Saturated Fat: 91.59g (572.46%), Carbohydrates: 53.05g (17.68%), Net Carbohydrates: 45.19g (16.43%), Sugar: 37.74g (41.94%), Cholesterol: 754.41mg (251.47%), Sodium: 4057.22mg (176.4%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 196.84g (393.68%), Vitamin K: 489.63µg (466.32%), Vitamin B3: 59.06mg (295.29%), Selenium: 154.43µg (220.62%), Vitamin B6: 3.76mg (188.2%), Vitamin E: 25.42mg (169.46%), Phosphorus: 1432.8mg (143.28%), Zinc: 13.84mg (92.26%), Vitamin B5: 7.87mg (78.71%), Iron: 13.97mg (77.6%), Vitamin B2: 1.07mg (62.72%), Magnesium: 231.77mg (57.94%), Potassium: 1918.48mg (54.81%), Vitamin B12: 3.14µg (52.25%), Vitamin C: 40.19mg (48.72%), Manganese: 0.75mg (37.27%), Vitamin B1: 0.54mg (36.04%), Fiber: 7.86g (31.45%), Vitamin A: 1510.73IU (30.21%), Copper: 0.52mg (26.03%), Calcium: 198.07mg (19.81%), Folate: 70.38µg (17.6%), Vitamin D: 0.98µg (6.53%)