



Fried Chinese Five-Spice Chicken Wings

 **Gluten Free**  **Dairy Free**

READY IN



45 min.

SERVINGS



6

CALORIES



725 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 1 tablespoon five spice powder chinese
- 2 teaspoons pepper black freshly ground to taste
- 3 pounds chicken wings (12 to 14)
- 2 tablespoons coarse salt
- 0.5 cup cornstarch
- 1 tablespoons sherry
- 0.5 inch ginger fresh peeled
- 1 onion

- 2 tablespoons soya sauce (preferably Kikkoman)
- 1 tablespoon sugar
- 6 cups vegetable oil

Equipment

- bowl
- frying pan
- baking sheet
- paper towels
- oven
- baking pan
- roasting pan
- kitchen thermometer
- aluminum foil
- ziploc bags
- slotted spoon
- colander

Directions

- Cut off wing tips, reserving for another use, and halve wings at joint. Coarsely chop onion and finely chop gingerroot. In a large sealable plastic bag combine onion, gingerroot, soy sauce, Sherry, five-spice powder, sugar, and 1 teaspoon salt.
- Add wings and seal bag, pressing out excess air. Turn bag until wings are completely coated. Marinate chicken wings in bag in a large bowl, chilled, turning bag once, 2 hours.
- Preheat oven to 350°F.
- Transfer wings and marinade to a roasting pan or large shallow baking pan and bake, covered with foil, in middle of oven 1 hour. Cool wings until they can be handled and drain in a colander, discarding marinade. Wings may be prepared up to this point 1 day ahead and chilled, covered.
- Reduce temperature to 250°F.

In a small serving bowl combine remaining 2 tablespoons salt and pepper. Put cornstarch in a small bowl and dredge each wing, knocking off excess cornstarch and transferring to a shallow pan. In a 5- to 6-quart heavy kettle heat oil until a deep-fat thermometer registers 370°F. Working in batches of 6 or 7, fry wings in oil until golden brown, about 3 minutes, and with a slotted spoon transfer to paper towels to drain. Keep wings warm on a baking sheet in oven. Fry remaining wings in same manner, returning oil to 370°F. between batches.

Serve wings with salt and pepper mixture.

Nutrition Facts

PROTEIN 13.02% **FAT 78.73%** **CARBS 8.25%**

Properties

Glycemic Index:29.85, Glycemic Load:1.94, Inflammation Score:-5, Nutrition Score:13.461739242077%

Flavonoids

Catechin: 0.02mg, Catechin: 0.02mg, Catechin: 0.02mg, Catechin: 0.02mg Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg Hesperetin: 0.01mg, Hesperetin: 0.01mg, Hesperetin: 0.01mg, Hesperetin: 0.01mg Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 3.72mg, Quercetin: 3.72mg, Quercetin: 3.72mg, Quercetin: 3.72mg

Nutrients (% of daily need)

Calories: 724.7kcal (36.24%), Fat: 63.41g (97.55%), Saturated Fat: 12.16g (76.02%), Carbohydrates: 14.95g (4.98%), Net Carbohydrates: 14.15g (5.14%), Sugar: 2.91g (3.24%), Cholesterol: 94.3mg (31.43%), Sodium: 2752.28mg (119.66%), Alcohol: 0.26g (100%), Alcohol %: 0.08% (100%), Protein: 23.6g (47.19%), Vitamin K: 81.36µg (77.48%), Vitamin B3: 7.57mg (37.83%), Selenium: 19.54µg (27.91%), Vitamin E: 3.95mg (26.31%), Vitamin B6: 0.47mg (23.72%), Phosphorus: 183mg (18.3%), Zinc: 1.77mg (11.82%), Iron: 1.93mg (10.73%), Manganese: 0.2mg (10.17%), Vitamin B5: 1mg (10.04%), Magnesium: 30.28mg (7.57%), Vitamin B2: 0.13mg (7.49%), Potassium: 261.25mg (7.46%), Vitamin B12: 0.39µg (6.53%), Vitamin B1: 0.08mg (5.05%), Copper: 0.09mg (4.68%), Vitamin A: 187.67IU (3.75%), Calcium: 32.59mg (3.26%), Fiber: 0.81g (3.23%), Vitamin C: 2.49mg (3.02%), Folate: 9.78µg (2.45%)