



## Garlic Ginger Chicken Wings

 Dairy Free

READY IN



75 min.

SERVINGS



15

CALORIES



260 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- 0.5 cup brown sugar packed
- 5 pounds chicken wings separated
- 1 cup flour all-purpose
- 2 tablespoons ginger root fresh minced
- 3 garlic cloves crushed
- 15 servings salt and ground pepper black to taste
- 3 tablespoons sauce red hot (such as Frank's ®)
- 1 tablespoon asian chile pepper sauce

- 0.5 cup rice vinegar
- 1 tablespoon soya sauce
- 2 tablespoons vegetable oil

## Equipment

- baking sheet
- sauce pan
- oven
- whisk
- mixing bowl
- aluminum foil
- ziploc bags
- tongs

## Directions

- Preheat oven to 400 degrees F (200 degrees C). Line 2 baking sheets with aluminum foil; grease the foil with cooking spray.
- Place the chicken in a large mixing bowl. Season with salt, pepper, and hot sauce.
- Add the vegetable oil; toss to coat.
- Place the flour and wings in a large, food-safe plastic bag. Hold the bag closed tightly, and shake to coat the wings entirely with the flour; no wet spots should remain. Arrange the wings on the prepared baking sheets, making sure none of the pieces are touching one another. Spray wings with additional cooking spray
- Bake in the preheated oven for 30 minutes, turn all the wings, and return to the oven to cook until crispy and no longer pink in the center, about 30 minutes more.
- Whisk together the garlic, ginger, chili paste, rice vinegar, brown sugar, and soy sauce in a saucepan. Bring the mixture to a boil and immediately remove from heat.
- Put about half the wings in a large mixing bowl.
- Pour about half the sauce over the wings. Toss the wings with tongs to coat evenly; transfer to a tray and allow to sit about 5 minutes to allow the sauce to soak into the wings before serving. Repeat with remaining wings and sauce.

# Nutrition Facts

PROTEIN 25.14% FAT 52.71% CARBS 22.15%

## Properties

Glycemic Index:17.47, Glycemic Load:4.73, Inflammation Score:-2, Nutrition Score:6.7417390372442%

## Flavonoids

Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

## Nutrients (% of daily need)

Calories: 260.03kcal (13%), Fat: 14.95g (23%), Saturated Fat: 3.95g (24.7%), Carbohydrates: 14.14g (4.71%), Net Carbohydrates: 13.83g (5.03%), Sugar: 7.24g (8.04%), Cholesterol: 62.87mg (20.96%), Sodium: 221.34mg (9.62%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 16.05g (32.09%), Vitamin B3: 5.41mg (27.05%), Selenium: 15.72µg (22.46%), Vitamin B6: 0.31mg (15.46%), Phosphorus: 120.79mg (12.08%), Zinc: 1.17mg (7.78%), Vitamin B1: 0.11mg (7.17%), Iron: 1.28mg (7.12%), Vitamin B2: 0.12mg (6.87%), Vitamin B5: 0.69mg (6.85%), Manganese: 0.11mg (5.68%), Folate: 19.17µg (4.79%), Magnesium: 18.71mg (4.68%), Potassium: 159.58mg (4.56%), Vitamin B12: 0.26µg (4.35%), Vitamin K: 3.67µg (3.5%), Copper: 0.06mg (2.88%), Vitamin E: 0.41mg (2.73%), Vitamin C: 2.24mg (2.72%), Vitamin A: 130.14IU (2.6%), Calcium: 19.7mg (1.97%), Fiber: 0.31g (1.22%)