



WHATSheATE



HEALTH SCORE

57%

Grilled Chicken Wings and Livers with Balsamic-Mustard Glaze



Dairy Free

READY IN



45 min.

SERVINGS



6

CALORIES



840 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients



0.5 cup balsamic vinegar



6 large of country bread thick



1 pound chicken livers trimmed



6 pounds chicken wings for stock



1 cup dijon mustard



5 large garlic cloves halved coarsely chopped



2 tablespoons hot sauce

- ☐ 2 jalapeños seeded chopped
- ☐ 0.3 cup olive oil extra-virgin plus more for brushing
- ☐ 6 servings salt and pepper freshly ground

Equipment

- ☐ food processor
- ☐ bowl
- ☐ whisk
- ☐ baking pan
- ☐ grill
- ☐ skewers
- ☐ poultry shears

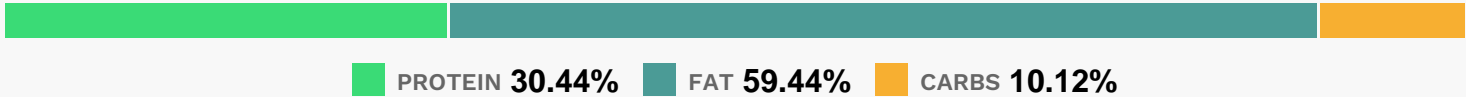
Directions

- ☐ Using poultry shears, cut the chicken wings in half at the joints; set the drumettes in a large shallow baking dish. With the shears, snip off the strips of fat along each side of the other wing pieces.
- ☐ Add the pieces to the drumettes.
- ☐ In a mini food processor, combine the chopped garlic with the jalapeos, 1/4 cup of the mustard, 2 tablespoons of the vinegar and 1/4 cup of the olive oil. Process until smooth.
- ☐ Toss 1/2 cup of the marinade with the wings. In a small bowl, toss the chicken livers with the remaining 1/4 cup of marinade. Cover and refrigerate the wings and livers for 6 hours or for up to 2 days.
- ☐ Light a grill. To make the glaze, in a medium bowl, whisk the remaining 3/4 cup of mustard and 1/2 cup of vinegar with the hot sauce.
- ☐ Thread the chicken wings without crowding onto pairs of parallel 12-inch skewers; keep the drumettes and the other chicken wing pieces on separate sets of skewers. Thread the livers onto double skewers, leaving 1/2 inch between them. Season the chicken wings and livers with salt and pepper.
- ☐ Brush the livers with the glaze and grill over a hot fire, brushing frequently with the glaze, until browned and crisp, about 2 minutes per side. Clean the grill with a wire brush if necessary, then brush the bread with olive oil and grill the slices over the hot fire until toasted. While still

hot, rub the bread on both sides with the halved garlic clove.

- ☐ Serve immediately with the chicken livers.
- ☐ Brush the chicken wings with the glaze and grill over a medium-hot fire, brushing generously with the glaze and turning for even browning, until cooked through and crisp, about 8 minutes per side.
- ☐ Serve at once.
- ☐ Make Ahead: The marinated chicken wings and livers can be refrigerated for up to 2 days. The mustard-balsamic glaze can be refrigerated overnight.
- ☐ Wine Recommendation: A bright, fruity Pinot Noir will flatter the sweet and tangy balsamic mustard, as well as the earthy chicken livers. Two good choices: the 1999 Kenwood Russian River Valley and the 1999 Domaine Carneros, both from California.

Nutrition Facts



Properties

Glycemic Index:33.78, Glycemic Load:9.38, Inflammation Score:-10, Nutrition Score:49.810434502104%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.07mg, Luteolin: 0.07mg, Luteolin: 0.07mg, Luteolin: 0.07mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 0.28mg, Quercetin: 0.28mg, Quercetin: 0.28mg, Quercetin: 0.28mg

Nutrients (% of daily need)

Calories: 839.58kcal (41.98%), Fat: 54.49g (83.82%), Saturated Fat: 13.71g (85.66%), Carbohydrates: 20.88g (6.96%), Net Carbohydrates: 17.78g (6.46%), Sugar: 5.64g (6.27%), Cholesterol: 449.42mg (149.81%), Sodium: 1135.37mg (49.36%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 62.78g (125.55%), Vitamin B12: 13.32µg (221.97%), Vitamin A: 8822.46IU (176.45%), Selenium: 101.79µg (145.42%), Folate: 482.62µg (120.65%), Vitamin B3: 23.76mg (118.78%), Vitamin B2: 1.67mg (98.07%), Vitamin B6: 1.62mg (80.96%), Vitamin B5: 6.98mg (69.77%), Phosphorus: 638.34mg (63.83%), Iron: 11.07mg (61.51%), Manganese: 0.82mg (41.02%), Zinc: 5.89mg (39.27%), Vitamin B1: 0.55mg (36.67%), Vitamin C: 25.02mg (30.33%), Copper: 0.56mg (28.05%), Magnesium: 93.95mg (23.49%), Potassium: 709.48mg (20.27%), Vitamin E: 2.93mg (19.55%), Fiber: 3.1g (12.4%), Calcium: 107.96mg (10.8%), Vitamin K: 8.42µg (8.02%), Vitamin D: 0.24µg (1.63%)