



Grilled Spicy Thai Chicken Wings

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

READY IN



145 min.

SERVINGS



40

CALORIES



65 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 4 lb chicken wings
- 0.3 cup chicken broth dry (from 32-oz carton)
- 0.3 cup oyster sauce
- 0.3 cup honey
- 3 tablespoons cilantro leaves fresh chopped
- 2 tablespoons chili sauce
- 2 tablespoons lime zest grated
- 0.3 cup spring onion chopped

3 cloves garlic finely chopped

Equipment

bowl

grill

ziploc bags

Directions

Cut each chicken wing at joints to make 3 pieces; discard tip.

Cut off excess skin; discard.

In resealable heavy-duty food-storage plastic bag or large glass bowl, mix remaining ingredients. Reserve 1/4 cup of marinade to a small bowl and set aside; add chicken to marinade in bag; turn to coat. Seal bag or covered dish; refrigerate, turning once, at least 1 hour.

Heat gas or charcoal grill.

Remove chicken from marinade; discard marinade in bag.

Place chicken on grill over medium heat. Cover grill; cook 45 to 60 minutes, brushing frequently with 1/4 cup reserved marinade turning once, until juice of chicken is clear when thickest part is cut to bone (180°F). Discard any remaining marinade.

Nutrition Facts



Properties

Glycemic Index:4.46, Glycemic Load:1.25, Inflammation Score:-1, Nutrition Score:1.7365217591109%

Flavonoids

Hesperetin: 0.13mg, Hesperetin: 0.13mg, Hesperetin: 0.13mg, Hesperetin: 0.13mg Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Quercetin: 0.09mg, Quercetin: 0.09mg, Quercetin: 0.09mg, Quercetin: 0.09mg

Nutrients (% of daily need)

Calories: 65.39kcal (3.27%), Fat: 3.93g (6.04%), Saturated Fat: 1.1g (6.87%), Carbohydrates: 2.85g (0.95%), Net Carbohydrates: 2.79g (1.01%), Sugar: 2.45g (2.72%), Cholesterol: 18.9mg (6.3%), Sodium: 88.25mg (3.84%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 4.58g (9.17%), Vitamin B3: 1.51mg (7.53%), Selenium: 3.96µg (5.65%), Vitamin B6: 0.09mg (4.56%), Phosphorus: 33.98mg (3.4%), Zinc: 0.34mg (2.28%), Vitamin B5: 0.19mg (1.93%), Vitamin B2: 0.03mg (1.62%), Iron: 0.27mg (1.5%), Vitamin B12: 0.09µg (1.44%), Vitamin K: 1.43µg (1.36%), Potassium: 46.94mg (1.34%), Magnesium: 4.86mg (1.21%)