



Grilled Turmeric and Lemongrass Chicken Wings



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



702 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 3 pounds chicken wings whole
- ☐ 1 tablespoons fish sauce (such as nuoc nam or nam pla)
- ☐ 3 garlic clove
- ☐ 1 ginger peeled chopped
- ☐ 2 jalapeno stemmed
- ☐ 2 teaspoons kosher salt
- ☐ 2 lemon grass finely chopped (bottom third only, tough outer layers removed)

- ☐ 2 tablespoons juice of lime fresh
- ☐ 4 servings lime wedges
- ☐ 3 shallots chopped
- ☐ 2 tablespoons tamarind juice (not paste or pulp)
- ☐ 1 teaspoon turmeric
- ☐ 1 cup coconut milk unsweetened canned
- ☐ 4 servings vegetable oil (for grill)

Equipment

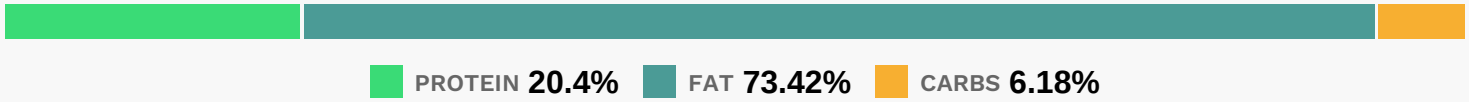
- ☐ bowl
- ☐ sauce pan
- ☐ grill

Directions

- ☐ Combine coconut milk, shallots, garlic, lemongrass, jalapeños, ginger, lime juice, tamarind juice, fish sauce, kosher salt, turmeric, and 1 cup water in a blender. Purée mixture until a smooth marinade forms.
- ☐ Place chicken wings in a large baking dish.
- ☐ Pour marinade over; turn wings to coat evenly. Cover chicken and chill overnight.
- ☐ Remove chicken from marinade, shaking any excess marinade back into dish.
- ☐ Transfer chicken to a large platter.
- ☐ Let stand at room temperature for 15 minutes.
- ☐ Transfer marinade to a large saucepan and bring to a boil over medium heat. Reduce heat to medium-low and simmer, stirring occasionally, until marinade thickens, 10–15 minutes.
- ☐ Pour half of marinade into a small bowl; set aside for basting chicken while it grills. Keep remaining marinade in saucepan; cover and keep warm until ready to serve the chicken.
- ☐ Build a medium fire in a charcoal grill, or heat a gas grill to medium-high. Oil grill grates to prevent sticking. Grill chicken wings, turning every 5 minutes and basting occasionally with marinade in small bowl, until fat is rendered and skin is nicely charred in spots, 30–35 minutes. (The key here is to turn the wings often so the skin doesn't burn.)

- ☐
- Continue cooking chicken without basting (so it will get crisp) until wings are cooked through, about 10 minutes longer.
- ☐
- Transfer chicken to a large platter and let it rest for 5 minutes. Squeeze lime wedges over wings.
- ☐
- Transfer marinade in saucepan to a small bowl.
- ☐
- Serve warm marinade alongside chicken as a dipping sauce.

Nutrition Facts



Properties

Glycemic Index:36, Glycemic Load:1.13, Inflammation Score:-10, Nutrition Score:19.534347710402%

Flavonoids

Eriodictyol: 0.16mg, Eriodictyol: 0.16mg, Eriodictyol: 0.16mg, Eriodictyol: 0.16mg Hesperetin: 1.1mg, Hesperetin: 1.1mg, Hesperetin: 1.1mg, Hesperetin: 1.1mg Naringenin: 0.06mg, Naringenin: 0.06mg, Naringenin: 0.06mg, Naringenin: 0.06mg Luteolin: 0.09mg, Luteolin: 0.09mg, Luteolin: 0.09mg, Luteolin: 0.09mg 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: 0.44mg, Quercetin: 0.44mg, Quercetin: 0.44mg, Quercetin: 0.44mg

Nutrients (% of daily need)

Calories: 702.08kcal (35.1%), Fat: 57.76g (88.87%), Saturated Fat: 23.06g (144.12%), Carbohydrates: 10.93g (3.64%), Net Carbohydrates: 8.53g (3.1%), Sugar: 5.08g (5.65%), Cholesterol: 141.45mg (47.15%), Sodium: 1663.19mg (72.31%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 36.11g (72.22%), Vitamin B3: 11.67mg (58.37%), Selenium: 33.24µg (47.49%), Manganese: 0.87mg (43.6%), Vitamin B6: 0.82mg (41.01%), Phosphorus: 325.16mg (32.52%), Vitamin K: 27.42µg (26.11%), Vitamin C: 16.84mg (20.41%), Zinc: 3.06mg (20.4%), Iron: 3.55mg (19.71%), Magnesium: 72.9mg (18.22%), Potassium: 596.34mg (17.04%), Vitamin B5: 1.63mg (16.31%), Copper: 0.28mg (14.09%), Vitamin E: 2.09mg (13.96%), Vitamin B2: 0.18mg (10.71%), Vitamin B12: 0.61µg (10.16%), Fiber: 2.4g (9.59%), Vitamin B1: 0.13mg (8.54%), Folate: 30.74µg (7.69%), Vitamin A: 351.4IU (7.03%), Calcium: 51.09mg (5.11%), Vitamin D: 0.18µg (1.22%)