

Hawaiian Chicken Wings



Gluten Free



Dairy Free

READY IN



95 min.

SERVINGS



6

CALORIES



848 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 4 cups canola oil for deep frying
- ☐ 3 pounds chicken wings cut in half at joint
- ☐ 0.5 cup cider vinegar
- ☐ 1 cup cornstarch
- ☐ 2 eggs beaten
- ☐ 1 tablespoon garlic salt
- ☐ 2 green onions thinly sliced
- ☐ 1 cup honey

- ☐ 0.3 cup catsup
- ☐ 0.3 cup pineapple juice
- ☐ 2 tablespoons sesame seed toasted
- ☐ 1 tablespoon soya sauce

Equipment

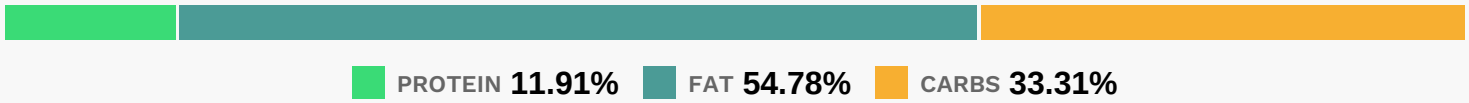
- ☐ bowl
- ☐ baking sheet
- ☐ paper towels
- ☐ sauce pan
- ☐ oven
- ☐ aluminum foil
- ☐ ziploc bags
- ☐ deep fryer

Directions

- ☐ Preheat oven to 350 degrees F (175 degrees C).
- ☐ Heat oil in deep-fryer to 375 degrees F (190 degrees C). Line a baking sheet with aluminum foil, and spray with nonstick cooking spray.
- ☐ Toss chicken wings with garlic salt, and set aside for 10 minutes.
- ☐ Place cornstarch in a large plastic bag; toss the wings, a few at a time until coated. Shake off excess cornstarch, then dip into beaten egg. Shake wings in cornstarch again, then fry until golden brown in deep fryer.
- ☐ Drain on a paper towel-lined plate.
- ☐ Stir together vinegar, pineapple juice, ketchup, honey, and soy sauce in a saucepan over medium-high heat. Once the sauce comes to a simmer, place the chicken wings in a bowl, pour all but 1/2 cup of the sauce overtop, and toss to coat. Reserve remaining sauce to for basting.
- ☐ Place chicken wings on prepared baking sheet.

- ☐ Bake in preheated oven for 30 minutes, then baste with remaining sauce, turn, and bake for an additional 20 minutes.
- ☐ To serve, place wings on serving platter, and sprinkle with sesame seeds and green onions.

Nutrition Facts



Properties

Glycemic Index:36.71, Glycemic Load:25.12, Inflammation Score:-5, Nutrition Score:14.524347947991%

Flavonoids

Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg, Quercetin: 0.51mg, Quercetin: 0.51mg, Quercetin: 0.51mg, Quercetin: 0.51mg

Nutrients (% of daily need)

Calories: 847.77kcal (42.39%), Fat: 52.19g (80.29%), Saturated Fat: 8.34g (52.09%), Carbohydrates: 71.41g (23.8%), Net Carbohydrates: 70.61g (25.68%), Sugar: 49.78g (55.32%), Cholesterol: 148.86mg (49.62%), Sodium: 1537.56mg (66.85%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 25.52g (51.04%), Vitamin E: 5.92mg (39.5%), Vitamin B3: 7.76mg (38.8%), Selenium: 25.6µg (36.58%), Vitamin K: 29.95µg (28.52%), Vitamin B6: 0.52mg (26.11%), Phosphorus: 222.87mg (22.29%), Zinc: 2.23mg (14.86%), Manganese: 0.28mg (14.08%), Vitamin B2: 0.23mg (13.49%), Iron: 2.39mg (13.29%), Vitamin B5: 1.23mg (12.27%), Copper: 0.23mg (11.29%), Magnesium: 40.44mg (10.11%), Potassium: 326.86mg (9.34%), Vitamin B12: 0.52µg (8.71%), Vitamin A: 351.14IU (7.02%), Vitamin B1: 0.1mg (6.43%), Calcium: 61.1mg (6.11%), Folate: 21.28µg (5.32%), Vitamin C: 3.29mg (3.98%), Fiber: 0.8g (3.19%), Vitamin D: 0.42µg (2.77%)