



Honey Lime Chicken Wings



Dairy Free



Popular

READY IN



45 min.

SERVINGS



10

CALORIES



577 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 18 chicken wings whole split
- ☐ 0.5 cup flour all-purpose
- ☐ 1 clove garlic minced
- ☐ 0.3 teaspoon ground pepper black
- ☐ 0.3 cup honey
- ☐ 2 tablespoons juice of lime fresh
- ☐ 1 tablespoon lime zest grated
- ☐ 0.3 teaspoon salt

☐ 2 quarts vegetable oil for frying

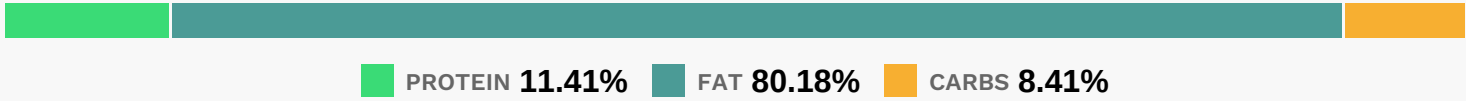
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ ziploc bags

Directions

- ☐ In a large bowl, mix together the honey, lime juice, lime peel, garlic, salt and ground black pepper.
- ☐ Place the flour in a plastic bag and shake the chicken wings in the flour to coat.
- ☐ In a large skillet, fry the chicken wings in hot, 1 inch deep oil until cooked through.
- ☐ Place the cooked wings in the honey/lime mixture and toss to coat well.
- ☐ Serve immediately.

Nutrition Facts



Properties

Glycemic Index:22.13, Glycemic Load:7.14, Inflammation Score:-4, Nutrition Score:10.096521631531%

Flavonoids

Eriodictyol: 0.07mg, Eriodictyol: 0.07mg, Eriodictyol: 0.07mg, Eriodictyol: 0.07mg Hesperetin: 0.53mg, Hesperetin: 0.53mg, Hesperetin: 0.53mg, Hesperetin: 0.53mg Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg

Nutrients (% of daily need)

Calories: 576.69kcal (28.83%), Fat: 51.74g (79.6%), Saturated Fat: 9.66g (60.37%), Carbohydrates: 12.2g (4.07%), Net Carbohydrates: 11.97g (4.35%), Sugar: 7.04g (7.82%), Cholesterol: 66.61mg (22.2%), Sodium: 121.88mg (5.3%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 16.57g (33.14%), Vitamin K: 69.74µg (66.42%), Vitamin B3: 5.51mg (27.57%), Vitamin E: 3.37mg (22.46%), Selenium: 15.65µg (22.35%), Vitamin B6: 0.31mg (15.64%), Phosphorus: 122.35mg (12.23%), Zinc: 1.22mg (8.13%), Vitamin B5: 0.7mg (7.03%), Vitamin B2: 0.11mg (6.54%), Iron: 1.17mg (6.51%), Vitamin B1: 0.09mg (6.14%), Vitamin B12: 0.28µg (4.61%), Magnesium: 17.55mg (4.39%), Potassium: 152.05mg (4.34%), Manganese: 0.08mg (3.86%), Folate: 15.43µg (3.86%), Vitamin A: 129.27IU (2.59%), Copper:

0.05mg (2.52%), Vitamin C: 1.82mg (2.2%), Calcium: 13.25mg (1.32%)