



Honey-Rosemary Wings with Greek Yogurt and Lemon Garlic Dipping Sauce

 Gluten Free

READY IN



60 min.

SERVINGS



4

CALORIES



425 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 2 tablespoons butter
- 4 servings canola oil for frying
- 1 pinch celery salt
- 12 chicken wings at the joint split
- 4 servings bell pepper red crushed
- 3 tablespoons chives fresh finely chopped
- 2 sprigs rosemary fresh finely chopped

- 1 clove garlic minced smashed
- 2 cloves garlic minced smashed
- 0.5 cup greek yogurt
- 2 tablespoons chile-infused honey such as mike's hothoney
- 0.5 juice of lemon
- 1 lemon zest juiced

Equipment

- bowl
- frying pan
- kitchen thermometer

Directions

- Heat 3 to 4 inches of oil in a large, high-sided pan until it reaches 375 degrees F on a deep-fry thermometer.
- Add the wings in batches and cook until golden brown and cooked through, 13 to 15 minutes.
- For the dipping sauce: Meanwhile, to a bowl, add the Greek yogurt, chives, garlic, lemon juice and celery salt. Stir to combine and taste. Adjust seasoning as needed.
- For the hot wing sauce: In a saute pan over medium-high heat, melt the butter, and then add the honey and warm through until loose and viscous.
- In a large bowl, add the garlic, rosemary, lemon zest and juice and crushed red pepper flakes.
- Pour the honey-butter into the rosemary mixture.
- As the wings come out of the fryer, toss in the honey-butter sauce. Season to taste.
- Serve with the Greek yogurt dipping sauce.

Nutrition Facts


PROTEIN 28.16% **FAT 68.12%** **CARBS 3.72%**

Properties

Glycemic Index:50, Glycemic Load:0.48, Inflammation Score:-7, Nutrition Score:13.819130490655%

Flavonoids

Eriodictyol: 0.18mg, Eriodictyol: 0.18mg, Eriodictyol: 0.18mg, Eriodictyol: 0.18mg Hesperetin: 0.54mg, Hesperetin: 0.54mg, Hesperetin: 0.54mg, Hesperetin: 0.54mg Naringenin: 0.06mg, Naringenin: 0.06mg, Naringenin: 0.06mg, Naringenin: 0.06mg Isorhamnetin: 0.15mg, Isorhamnetin: 0.15mg, Isorhamnetin: 0.15mg, Isorhamnetin: 0.15mg Kaempferol: 0.23mg, Kaempferol: 0.23mg, Kaempferol: 0.23mg, Kaempferol: 0.23mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 0.16mg, Quercetin: 0.16mg, Quercetin: 0.16mg, Quercetin: 0.16mg

Nutrients (% of daily need)

Calories: 424.53kcal (21.23%), Fat: 31.96g (49.17%), Saturated Fat: 10.35g (64.7%), Carbohydrates: 3.92g (1.31%), Net Carbohydrates: 2.83g (1.03%), Sugar: 1.58g (1.76%), Cholesterol: 127.32mg (42.44%), Sodium: 203.02mg (8.83%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 29.73g (59.45%), Vitamin B3: 8.97mg (44.83%), Selenium: 25.69µg (36.7%), Vitamin B6: 0.64mg (31.81%), Phosphorus: 240.48mg (24.05%), Vitamin A: 1152.86IU (23.06%), Vitamin C: 17.21mg (20.86%), Zinc: 2.21mg (14.71%), Vitamin B2: 0.23mg (13.63%), Vitamin E: 1.92mg (12.79%), Vitamin B5: 1.26mg (12.59%), Vitamin B12: 0.65µg (10.8%), Iron: 1.9mg (10.58%), Vitamin K: 10.48µg (9.98%), Potassium: 347.28mg (9.92%), Magnesium: 35.55mg (8.89%), Calcium: 62.92mg (6.29%), Vitamin B1: 0.09mg (6.24%), Manganese: 0.12mg (6.16%), Copper: 0.11mg (5.27%), Fiber: 1.09g (4.36%), Folate: 13.44µg (3.36%)