



Honey-Sesame Grilled Chicken Wings



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



45

CALORIES



40 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 2 pounds chicken wings
- ☐ 1 tablespoon chili paste depending on your taste pref
- ☐ 1 tablespoon garlic minced
- ☐ 1 tablespoon ginger minced
- ☐ 1 spring onion trimmed chopped
- ☐ 1.5 teaspoons hoisin sauce
- ☐ 0.5 cup honey
- ☐ 2 tablespoons sesame seed toasted

☐ 0.5 cup soya sauce

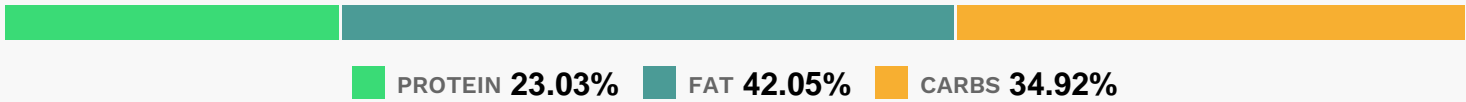
Equipment

- ☐ bowl
- ☐ grill
- ☐ pastry brush

Directions

- ☐ In a medium bowl, combine soy sauce, ginger, garlic, and chili paste.
- ☐ Add chicken and let marinate for 15 minutes, stirring often.
- ☐ Set up a gas or charcoal grill for medium heat (350 to 400; you can hold your hand 5 in. above the cooking grate only 5 to 7 seconds). Put chicken on grill and cover with lid. Cook, turning often, until golden brown, 10 to 15 minutes.
- ☐ In a small bowl, combine honey and hoisin sauce. Using a pastry brush, generously baste chicken wings with honey glaze. Cover grill with lid and cook till honey glaze starts to caramelize, about 3 minutes. Turn chicken wings over and baste again, using the remaining honey glaze. Cook 3 minutes more, being careful not to let the glaze burn, removing pieces from the grill as they're done.
- ☐ Transfer to a platter.
- ☐ Sprinkle with sesame seeds and green onion.
- ☐ Serve any remaining honey glaze on the side.

Nutrition Facts



Properties

Glycemic Index:3.98, Glycemic Load:1.68, Inflammation Score:-1, Nutrition Score:1.0795652143981%

Flavonoids

Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg

Nutrients (% of daily need)

Calories: 40.34kcal (2.02%), Fat: 1.93g (2.96%), Saturated Fat: 0.51g (3.21%), Carbohydrates: 3.6g (1.2%), Net Carbohydrates: 3.51g (1.28%), Sugar: 3.22g (3.57%), Cholesterol: 8.39mg (2.8%), Sodium: 154.46mg (6.72%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 2.37g (4.75%), Vitamin B3: 0.78mg (3.89%), Selenium: 1.89µg (2.71%), Vitamin B6: 0.05mg (2.51%), Phosphorus: 20.77mg (2.08%), Manganese: 0.03mg (1.53%), Iron: 0.24mg (1.36%), Zinc: 0.2mg (1.31%), Copper: 0.03mg (1.28%), Magnesium: 4.55mg (1.14%)