



Hot-and-Sticky Lemon-Pepper Chicken Wings

 Dairy Free

READY IN



60 min.

SERVINGS



1

CALORIES



2933 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 3 tablespoons pepper black
- ☐ 2.5 pounds chicken wings (16)
- ☐ 2 tablespoons cornstarch
- ☐ 0.5 cup flour all-purpose
- ☐ 1 tablespoon garlic minced
- ☐ 1 teaspoon hot sauce
- ☐ 0.5 cup lemon curd prepared
- ☐ 2 tablespoons juice of lemon freshly squeezed

- ☐ 0.5 cup malt liquor (high-alcohol beer)
- ☐ 2 tablespoons olive oil extra-virgin
- ☐ 0.5 cup rice flour
- ☐ 1 serving salt
- ☐ 0.8 cup seltzer
- ☐ 1 serving vegetable oil for frying

Equipment

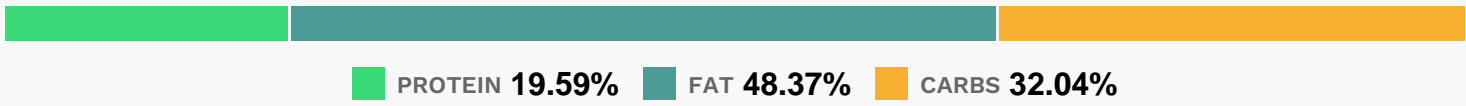
- ☐ bowl
- ☐ sauce pan
- ☐ whisk
- ☐ wire rack
- ☐ kitchen thermometer

Directions

- ☐ In a saucepan, heat the olive oil.
- ☐ Add the garlic; cook over moderate heat until fragrant, 1 minute.
- ☐ Whisk in the lemon curd, lemon juice and 1/4 cup of water and bring to a boil. Off the heat, stir in the hot sauce and pepper.
- ☐ In a large bowl, whisk both flours with the cornstarch.
- ☐ Add the seltzer and malt liquor; whisk until smooth. Season with salt.
- ☐ Add the chicken wings to the batter and turn to coat.
- ☐ In a large saucepan, heat 2 inches of vegetable oil to 35
- ☐ Scrape the excess batter from the wings. Working in batches, fry the wings in the hot oil for 3 minutes, until the crust is just set and pale golden.
- ☐ Drain on a wire rack and air-dry for 10 minutes.
- ☐ Return the oil to 35
- ☐ Fry the wings a second time, in batches, until deep mahogany in color and an instant-read thermometer inserted in the thickest part registers 170, 5 to 6 minutes.

- ☐ Drain the wings on the rack.
- ☐ In a large bowl, gently toss the fried wings with the lemon curd-pepper sauce.
- ☐ Transfer the wings to a platter and serve right away.

Nutrition Facts



Properties

Glycemic Index:220, Glycemic Load:79.76, Inflammation Score:-9, Nutrition Score:52.066087059353%

Flavonoids

Eriodictyol: 1.46mg, Eriodictyol: 1.46mg, Eriodictyol: 1.46mg, Eriodictyol: 1.46mg Hesperetin: 4.34mg, Hesperetin: 4.34mg, Hesperetin: 4.34mg, Hesperetin: 4.34mg Naringenin: 0.41mg, Naringenin: 0.41mg, Naringenin: 0.41mg, Naringenin: 0.41mg Apigenin: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Myricetin: 0.13mg, Myricetin: 0.13mg, Myricetin: 0.13mg, Myricetin: 0.13mg Quercetin: 0.25mg, Quercetin: 0.25mg, Quercetin: 0.25mg, Quercetin: 0.25mg

Nutrients (% of daily need)

Calories: 2932.84kcal (146.64%), Fat: 141.46g (217.63%), Saturated Fat: 39.07g (244.19%), Carbohydrates: 210.84g (70.28%), Net Carbohydrates: 202.04g (73.47%), Sugar: 69.07g (76.74%), Cholesterol: 471.51mg (157.17%), Sodium: 1132.5mg (49.24%), Alcohol: 40.08g (100%), Alcohol %: 3.96% (100%), Protein: 128.94g (257.89%), Vitamin B3: 42.36mg (211.82%), Manganese: 3.96mg (198.18%), Selenium: 130.68µg (186.68%), Vitamin B6: 2.69mg (134.62%), Phosphorus: 1004.6mg (100.46%), Zinc: 9.78mg (65.22%), Vitamin B1: 0.95mg (63.08%), Iron: 11.22mg (62.36%), Vitamin B5: 5.96mg (59.63%), Vitamin B2: 0.92mg (54.01%), Vitamin K: 51.89µg (49.42%), Magnesium: 189.01mg (47.25%), Vitamin E: 6.47mg (43.11%), Potassium: 1397.65mg (39.93%), Copper: 0.76mg (37.91%), Folate: 151.61µg (37.9%), Fiber: 8.8g (35.21%), Vitamin B12: 1.96µg (32.66%), Vitamin C: 21.38mg (25.92%), Vitamin A: 1007.61IU (20.15%), Calcium: 196.79mg (19.68%), Vitamin D: 0.61µg (4.08%)