



Hot Wings

 Gluten Free

READY IN



45 min.

SERVINGS



2

CALORIES



512 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 6 chicken wings whole separated
- ☐ 1 tablespoon cornstarch
- ☐ 2 servings grapeseed oil neutral
- ☐ 2 tablespoons hot sauce
- ☐ 0.5 jalapeno very thinly sliced
- ☐ 2 servings pepper black freshly ground
- ☐ 1 tablespoon butter unsalted at room temperature

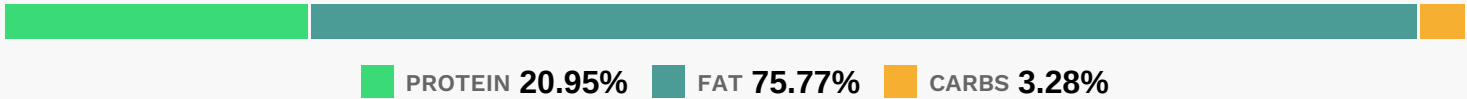
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ sauce pan
- ☐ whisk
- ☐ tongs

Directions

- ☐ In a small saucepan, heat the sauce over medium heat until hot.
- ☐ Whisk in the butter, a little at a time. Continue whisking until the mixture is emulsified.
- ☐ Whisk in salt to taste, then reduce the heat to low to keep the sauce warm.
- ☐ Sprinkle salt and pepper all over the chicken and let stand for 5 minutes to release the moisture on the skin.
- ☐ Sprinkle the cornstarch all over the chicken and toss until evenly coated.
- ☐ Fill a large skillet with oil to a depth of 1/2 inch.
- ☐ Heat over high heat until hot and shimmering. (When the oil is ready, a cube of bread dropped into it will turn golden in 15 seconds.)
- ☐ Reduce the heat to medium and add the drumettes first, then the wings in a single layer. Cook, turning the chicken with tongs, for 4 minutes. Raise the heat to high. Cook, turning occasionally, until the chicken is golden brown outside and no longer pink inside,about 4 minutes longer.
- ☐ Transfer the chicken to a large bowl and add the hot sauce and jalapeño. Toss until evenly coated.
- ☐ Serve immediately.

Nutrition Facts



Properties

Glycemic Index:59, Glycemic Load:0.05, Inflammation Score:-4, Nutrition Score:11.420000109984%

Flavonoids

Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg Quercetin: 0.18mg, Quercetin: 0.18mg, Quercetin: 0.18mg, Quercetin: 0.18mg

Nutrients (% of daily need)

Calories: 511.97kcal (25.6%), Fat: 42.77g (65.8%), Saturated Fat: 11.41g (71.32%), Carbohydrates: 4.17g (1.39%), Net Carbohydrates: 3.98g (1.45%), Sugar: 0.31g (0.35%), Cholesterol: 126.07mg (42.02%), Sodium: 450.1mg (19.57%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 26.61g (53.21%), Vitamin B3: 8.63mg (43.13%), Selenium: 22.55µg (32.21%), Vitamin E: 4.77mg (31.79%), Vitamin B6: 0.54mg (27.01%), Phosphorus: 195.02mg (19.5%), Vitamin C: 14.88mg (18.04%), Zinc: 1.95mg (12.98%), Vitamin B5: 1.14mg (11.39%), Vitamin A: 446.21IU (8.92%), Vitamin B2: 0.14mg (8.39%), Iron: 1.47mg (8.17%), Vitamin B12: 0.47µg (7.89%), Potassium: 255.45mg (7.3%), Magnesium: 27.56mg (6.89%), Vitamin B1: 0.08mg (5.05%), Copper: 0.07mg (3.44%), Manganese: 0.05mg (2.54%), Calcium: 20.96mg (2.1%), Folate: 7.72µg (1.93%), Vitamin D: 0.25µg (1.66%), Vitamin K: 1.61µg (1.54%)