

# Jar Doo Chicken Wings

 **Gluten Free**  **Dairy Free**  **Low Fod Map**

READY IN



**65 min.**

SERVINGS



**2**

CALORIES



**484 kcal**

LUNCH

MAIN COURSE

MAIN DISH

DINNER

## Ingredients

- 1.5 pounds chicken wings cut in half at joint
- 2 teaspoons ginger fresh minced
- 1 tablespoon hendrick's gin dry
- 0.5 teaspoon salt
- 0.3 cup soya sauce
- 2 servings vegetable oil for deep frying
- 2 tablespoons water
- 2 teaspoons granulated sugar white

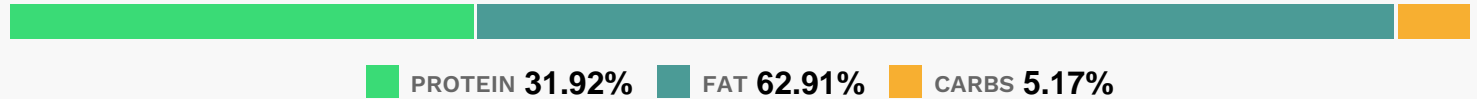
## Equipment

- bowl
- paper towels
- sauce pan
- whisk
- baking pan

## Directions

- Whisk together the soy sauce, ginger, gin, water, sugar, and salt in a small bowl. Arrange wings in a single layer in baking dish.
- Pour the soy sauce mixture over the wings. Allow wings to marinate 30 minutes.
- Pour oil into a 2-quart saucepan; heat oil to 375 degrees F (190 degrees C).
- Drain and discard marinade from wings. Cook wings in batches in heated oil until brown and no longer pink on inside, 10 to 15 minutes.
- Drain cooked wings on paper towels before serving.

## Nutrition Facts



## Properties

Glycemic Index:57.55, Glycemic Load:3.05, Inflammation Score:-4, Nutrition Score:13.151739120483%

## Nutrients (% of daily need)

Calories: 484.3kcal (24.22%), Fat: 32.19g (49.53%), Saturated Fat: 8.66g (54.15%), Carbohydrates: 5.95g (1.98%), Net Carbohydrates: 5.68g (2.07%), Sugar: 4.52g (5.02%), Cholesterol: 141.45mg (47.15%), Sodium: 2336.54mg (101.59%), Alcohol: 2.51g (100%), Alcohol %: 1.24% (100%), Protein: 36.76g (73.51%), Vitamin B3: 12.05mg (60.24%), Selenium: 28.75µg (41.07%), Vitamin B6: 0.7mg (35.21%), Phosphorus: 281.17mg (28.12%), Zinc: 2.58mg (17.21%), Vitamin B5: 1.52mg (15.2%), Iron: 2.46mg (13.66%), Vitamin B2: 0.21mg (12.2%), Magnesium: 45.69mg (11.42%), Potassium: 356.71mg (10.19%), Vitamin B12: 0.59µg (9.8%), Manganese: 0.19mg (9.27%), Vitamin B1: 0.11mg (7.08%), Copper: 0.12mg (6.18%), Vitamin A: 270.05IU (5.4%), Vitamin E: 0.79mg (5.24%), Vitamin K: 5.15µg (4.91%), Folate: 12.79µg (3.2%), Calcium: 29.01mg (2.9%), Vitamin C: 1.39mg (1.68%), Vitamin D: 0.18µg (1.22%), Fiber: 0.27g (1.09%)