



Korean Chicken Wings



Gluten Free



Dairy Free

READY IN



50 min.

SERVINGS



3

CALORIES



486 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 2 tablespoons canola oil for frying plus more
- ☐ 1 pounds chicken wings 1st and 2nd joint whole 12 wings
- ☐ 0.3 cup sriracha
- ☐ 3 tablespoons ginger grated
- ☐ 0.3 cup honey
- ☐ 3 servings scallions chopped for garnish
- ☐ 2 tablespoons sesame oil
- ☐ 3 tablespoons sesame seed for garnish

- ☐ 0.3 cup cooking sherry
- ☐ 0.5 cup soya sauce
- ☐ 0.3 cup vinegar white

Equipment

- ☐ frying pan
- ☐ baking sheet
- ☐ paper towels
- ☐ oven
- ☐ pot

Directions

- ☐ Watch how to make this recipe.
- ☐ Preheat oven to 350 degrees F.
- ☐ Place the chicken wings on a baking sheet and cook in the oven for 35 minutes.
- ☐ In a medium saute pan over medium heat, add the 2 tablespoons of canola oil and the ginger. Cook for 2 minutes.
- ☐ Add the sherry, vinegar, sesame oil, honey, and soy sauce and chili garlic sauce and continue to cook for 2 more minutes.
- ☐ Remove from heat.
- ☐ In large sauce pot or fryer, heat 3-inches of the canola oil, or enough to prevent wings from touching the bottom of the pan, to 350 degrees F.
- ☐ Add the chicken wings to the oil and cook for about 3 minutes, or until crispy and golden brown.
- ☐ Remove the chicken wings from the oil and drain on paper towels.
- ☐ Add the wings to the sauce.
- ☐ Garnish with chopped scallions and sesame seeds.

Nutrition Facts



 **PROTEIN 17.53%**  **FAT 53.73%**  **CARBS 28.74%**

Properties

Glycemic Index:71.42, Glycemic Load:13.08, Inflammation Score:-5, Nutrition Score:12.569999987664%

Flavonoids

Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg Catechin: 0.15mg, Catechin: 0.15mg, Catechin: 0.15mg, Catechin: 0.15mg Epicatechin: 0.11mg, Epicatechin: 0.11mg, Epicatechin: 0.11mg, Epicatechin: 0.11mg Hesperetin: 0.08mg, Hesperetin: 0.08mg, Hesperetin: 0.08mg, Hesperetin: 0.08mg Naringenin: 0.08mg, Naringenin: 0.08mg, Naringenin: 0.08mg Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg Quercetin: 0.65mg, Quercetin: 0.65mg, Quercetin: 0.65mg, Quercetin: 0.65mg

Nutrients (% of daily need)

Calories: 485.8kcal (24.29%), Fat: 28.32g (43.56%), Saturated Fat: 5.7g (35.61%), Carbohydrates: 34.08g (11.36%), Net Carbohydrates: 31.67g (11.52%), Sugar: 27.75g (30.84%), Cholesterol: 62.87mg (20.96%), Sodium: 3193.46mg (138.85%), Alcohol: 2.06g (100%), Alcohol %: 1.05% (100%), Protein: 20.78g (41.57%), Vitamin B3: 6.87mg (34.34%), Manganese: 0.49mg (24.39%), Selenium: 16.15µg (23.08%), Vitamin B6: 0.46mg (22.9%), Copper: 0.45mg (22.26%), Phosphorus: 218.54mg (21.85%), Iron: 3.17mg (17.61%), Magnesium: 65.23mg (16.31%), Vitamin K: 15.11µg (14.39%), Zinc: 2.01mg (13.38%), Calcium: 105.74mg (10.57%), Vitamin B2: 0.17mg (10.08%), Fiber: 2.4g (9.62%), Potassium: 321.71mg (9.19%), Vitamin B1: 0.13mg (8.76%), Vitamin B5: 0.82mg (8.22%), Folate: 23.36µg (5.84%), Vitamin E: 0.77mg (5.16%), Vitamin B12: 0.26µg (4.35%), Vitamin A: 180.56IU (3.61%), Vitamin C: 2.19mg (2.66%)