



Korean Chicken Wings

 Dairy Free

READY IN



60 min.

SERVINGS



6

CALORIES



568 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 2 pounds chicken wings
- 0.5 teaspoon granulated sugar
- 1.3 teaspoons kosher salt
- 0.5 cup vegetable oil; peanut oil preferred
- 0.3 cup potato flour
- 0.5 cup rice wine
- 1 teaspoon sesame oil toasted
- 3.5 teaspoons soya sauce

- 1 quart vegetable oil for frying
- 0.3 cup wondra quick-mixing flour

Equipment

- bowl
- baking sheet
- paper towels
- whisk
- wire rack
- dutch oven
- candy thermometer

Directions

- Place the peanut oil, rice wine, soy sauce, salt, sesame oil, MSG (if using), and sugar in a large bowl and whisk to combine. Stir until the salt and sugar have completely dissolved.
- Place the chicken wings in the marinade, toss to coat evenly, cover, and refrigerate for 30 minutes. When the wings are done marinating, pour the vegetable oil into a Dutch oven or a large, heavy-bottomed pot (the oil should be at least 3 to 4 inches deep).
- Heat over medium-high heat until the oil reaches 350°F on a deep-frying/candy thermometer. Meanwhile, line a baking sheet with paper towels or fit it with a wire cooling rack and set aside.
- Combine the potato starch and Wondra in a large bowl.
- Remove 5 to 7 wings from the marinade and place them in the Wondra mixture. Toss to coat them with a thin layer. Fry the chicken wings in the oil, adjusting the heat as needed to maintain a temperature of 350°F, until the wings are cooked through and golden brown, about 7 minutes.
- Remove to the prepared baking sheet to drain, about 3 minutes. Repeat, working in batches, with the remaining wings.
- Serve immediately with your favorite Korean-style wing sauce.

Nutrition Facts



■ PROTEIN 11.94% ■ FAT 80.12% ■ CARBS 7.94%

Properties

Glycemic Index:14.18, Glycemic Load:0.26, Inflammation Score:-4, Nutrition Score:9.4686956483385%

Nutrients (% of daily need)

Calories: 568.46kcal (28.42%), Fat: 48.88g (75.2%), Saturated Fat: 9.18g (57.36%), Carbohydrates: 10.9g (3.63%), Net Carbohydrates: 10.31g (3.75%), Sugar: 0.63g (0.7%), Cholesterol: 62.87mg (20.96%), Sodium: 743.66mg (32.33%), Alcohol: 3.22g (100%), Alcohol %: 1.38% (100%), Protein: 16.39g (32.79%), Vitamin K: 58.13µg (55.36%), Vitamin B3: 5.48mg (27.38%), Vitamin E: 3.42mg (22.78%), Selenium: 13.04µg (18.63%), Vitamin B6: 0.34mg (17.2%), Phosphorus: 124.72mg (12.47%), Zinc: 1.14mg (7.62%), Vitamin B5: 0.67mg (6.7%), Iron: 1.16mg (6.46%), Potassium: 206.63mg (5.9%), Vitamin B2: 0.1mg (5.74%), Vitamin B1: 0.08mg (5.43%), Magnesium: 21.64mg (5.41%), Vitamin B12: 0.26µg (4.35%), Folate: 12.23µg (3.06%), Manganese: 0.05mg (2.71%), Copper: 0.05mg (2.68%), Vitamin A: 120.02IU (2.4%), Fiber: 0.59g (2.35%), Calcium: 16.13mg (1.61%)