






Korean Extra Crispy Fried Chicken w Sweet Spicy Glaze

 **Gluten Free**  **Dairy Free**

READY IN

45 min.

SERVINGS

6

CALORIES

755 kcal

LUNCH **MAIN COURSE** **MAIN DISH** **DINNER**

Ingredients

- 24 chicken wings cut into 3 pieces and tips discarded
- 6 servings vegetable oil; peanut oil preferred for frying (peanut oil if available)
- 2 cloves garlic powder (or garlic powder)
- 1 cup soya sauce
- 4 thai chile finely minced deseeded
- 2 tbsp catsup
- 2 tbsp apple cider vinegar (or cider vinegar)

- 3 tbsp brown sugar
- 3 tbsp brown sugar
- 1 tsp sesame oil
- 1 tbsp honey
- 2 cups cornstarch for batter (1 cup coating, 1 cup)
- 1 cup water
- 0.5 tsp salt and pepper
- 6 servings sesame seed (garnish)

Equipment

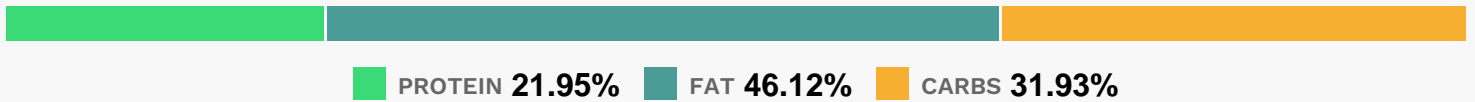
- bowl
- frying pan
- paper towels
- sauce pan
- whisk
- mixing bowl
- dutch oven

Directions

- Cut and discard the end tip of each chicken wing. cut remaining pieces in half at the joint to create 2 pieces. Rinse pieces under cold water and set to dry for at least 10 minutes. In a heavy pot such as a dutch oven, pour in canola or peanut oil to a depth of 3 inches.
- Heat over medium-high for about 15 minutes or until ready for frying.
- In the meantime, combine sauce ingredients of soy, vinegar, sugar, honey, ketchup, sesame oil, Thai chili peppers, and the seasoning in a small sauce pan. Boil until sauce slightly thickens and then set at low heat. Adjust the spiciness/sweetness of the sauce by adding more minced red peppers and/or sugar, continuously tasting for desired result.
- In a large mixing bowl, mix 1 cup cornstarch and salt and pepper. Individually coat each chicken wing pieces with the cornstarch and set aside.

- In another bowl, whisk the remaining cornstarch and water together to make a runny, liquidy batter.
- Add each chicken wing one at a time and coat well. Shake off excess batter and fry the chicken in batches for about 10~13 minutes, or until golden brown, then drain on paper towels. Do not overcrowd the pan when frying each batch.
- Flavor the wings with a brush or by tossing them all together in a mixing bowl.
- Transfer to a serving plate and garnish with sesame seeds. Enjoy and eat while hot!

Nutrition Facts



Properties

Glycemic Index:24.55, Glycemic Load:2.14, Inflammation Score:-5, Nutrition Score:18.601304347826%

Flavonoids

Apigenin: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg Luteolin: 0.08mg, Luteolin: 0.08mg, Luteolin: 0.08mg, Luteolin: 0.08mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 0.34mg, Quercetin: 0.34mg, Quercetin: 0.34mg, Quercetin: 0.34mg

Taste

Sweetness: 24.3%, Saltiness: 100%, Sourness: 14.21%, Bitterness: 19.78%, Savoriness: 67.41%, Fattiness: 69.59%, Spiciness: 100%

Nutrients (% of daily need)

Calories: 754.66kcal (37.73%), Fat: 38.3g (58.92%), Saturated Fat: 9.76g (60.99%), Carbohydrates: 59.66g (19.89%), Net Carbohydrates: 57.94g (21.07%), Sugar: 16.53g (18.37%), Cholesterol: 148.02mg (49.34%), Sodium: 2556.22mg (111.14%), Protein: 41.01g (82.02%), Vitamin B3: 13.4mg (67.01%), Selenium: 34.36µg (49.09%), Vitamin B6: 0.84mg (41.96%), Phosphorus: 364.68mg (36.47%), Copper: 0.5mg (25.14%), Manganese: 0.48mg (24.2%), Iron: 4.29mg (23.81%), Zinc: 3.41mg (22.75%), Magnesium: 82.72mg (20.68%), Vitamin B5: 1.65mg (16.47%), Vitamin B2: 0.26mg (15.34%), Potassium: 468.73mg (13.39%), Calcium: 122.95mg (12.29%), Vitamin B1: 0.18mg (12.15%), Vitamin B12: 0.62µg (10.25%), Vitamin C: 6.45mg (7.82%), Vitamin E: 1.15mg (7.64%), Fiber: 1.72g (6.89%), Vitamin A: 335.96IU (6.72%), Folate: 23.73µg (5.93%), Vitamin D: 0.19µg (1.28%)