



## Kowloon's Chinese Chicken Wings



Gluten Free



Dairy Free



Low Fod Map

READY IN



45 min.

SERVINGS



12

CALORIES



292 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- 3 pounds chicken wings
- 1 tablespoon hendrick's gin
- 0.3 teaspoon ground ginger
- 3 tablespoons salt
- 6 tablespoons soya sauce
- 1 quart vegetable oil for frying
- 6 tablespoons water
- 2 tablespoons granulated sugar white

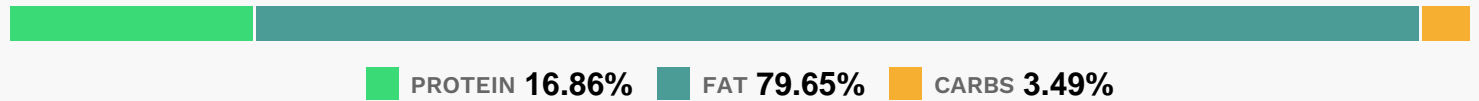
## Equipment

- frying pan
- ziploc bags

## Directions

- Combine the salt, sugar, water, soy sauce, gin and ginger. Put mixture in a zipper style plastic bag, add chicken and marinate for 24 hours or as long as possible, turning bag frequently.
- In a large skillet over medium high heat fry marinated chicken wings in hot oil until golden brown, about 8 minutes each side. Ready to serve!

## Nutrition Facts



## Properties

Glycemic Index:8.34, Glycemic Load:1.46, Inflammation Score:-2, Nutrition Score:5.8617392091647%

## Nutrients (% of daily need)

Calories: 291.5kcal (14.57%), Fat: 25.57g (39.34%), Saturated Fat: 5.15g (32.19%), Carbohydrates: 2.52g (0.84%), Net Carbohydrates: 2.45g (0.89%), Sugar: 2.15g (2.39%), Cholesterol: 47.15mg (15.72%), Sodium: 2291.97mg (99.65%), Alcohol: 0.42g (100%), Alcohol %: 0.32% (100%), Protein: 12.17g (24.35%), Vitamin K: 29.01µg (27.62%), Vitamin B3: 3.99mg (19.94%), Selenium: 9.6µg (13.72%), Vitamin B6: 0.23mg (11.63%), Vitamin E: 1.47mg (9.83%), Phosphorus: 92.65mg (9.27%), Zinc: 0.86mg (5.74%), Vitamin B5: 0.5mg (5.03%), Iron: 0.82mg (4.58%), Vitamin B2: 0.07mg (4%), Manganese: 0.07mg (3.73%), Magnesium: 14.83mg (3.71%), Potassium: 115.58mg (3.3%), Vitamin B12: 0.2µg (3.27%), Vitamin B1: 0.03mg (2.32%), Copper: 0.04mg (2.02%), Vitamin A: 90.03IU (1.8%), Calcium: 10.52mg (1.05%), Folate: 4.07µg (1.02%)