



## Lemon Pepper Chicken Wings

 Dairy Free

READY IN



30 min.

SERVINGS



8

CALORIES



1202 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- 8 servings canola oil for frying
- 36 chicken drumettes
- 3 cups flour all-purpose
- 2 tablespoons parsley leaves fresh chopped
- 2 juice of lemon juiced
- 1 lemon zest juiced
- 8 servings lemon-pepper seasoning
- 30 ounce mayonnaise

- 8 servings salt and pepper black freshly ground
- 8 servings seasoning salt
- 2 cups mustard yellow

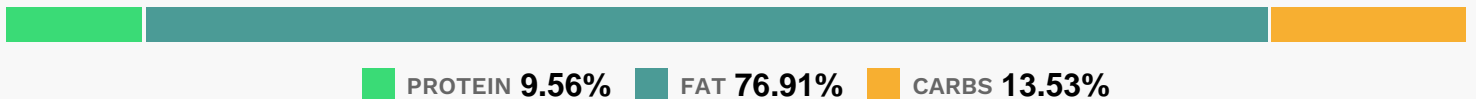
## Equipment

- bowl
- pot

## Directions

- Fill a large, heavy-bottomed pot halfway with oil and preheat the oil to 350 degrees F.
- Wings: Season the chicken with salt, pepper and seasoning salt, to taste.
- Sprinkle with fresh parsley and coat the chicken completely with yellow mustard. Toss the chicken in the flour until completely covered.
- Add the drumettes to the oil, in 2 batches, and fry until cooked through and they start to float, about 10 minutes.
- Add the lemon juice to a large bowl. Carefully remove the chicken pieces from the oil and toss in the lemon juice, then sprinkle with lemon pepper seasoning.
- Transfer the drumettes to a serving dish and serve with the dipping sauce.
- Mix the mayonnaise, lemon juice and lemon zest in a small bowl. Season with salt and pepper, to taste. Refrigerate until ready to use.
- Food Network Kitchens have not tested this recipe and therefore, we cannot make representation as to the results.

## Nutrition Facts



## Properties

Glycemic Index:31.63, Glycemic Load:26.42, Inflammation Score:-7, Nutrition Score:24.647391277811%

## Flavonoids

Eriodictyol: 0.37mg, Eriodictyol: 0.37mg, Eriodictyol: 0.37mg, Eriodictyol: 0.37mg Hesperetin: 1.09mg, Hesperetin: 1.09mg, Hesperetin: 1.09mg, Hesperetin: 1.09mg Naringenin: 0.1mg, Naringenin: 0.1mg, Naringenin: 0.1mg, Naringenin: 0.1mg Apigenin: 2.15mg, Apigenin: 2.15mg, Apigenin: 2.15mg, Apigenin: 2.15mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.15mg, Myricetin: 0.15mg, Myricetin: 0.15mg, Myricetin: 0.15mg Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg

## **Nutrients (% of daily need)**

Calories: 1201.88kcal (60.09%), Fat: 102.38g (157.51%), Saturated Fat: 17.78g (111.13%), Carbohydrates: 40.5g (13.5%), Net Carbohydrates: 36.38g (13.23%), Sugar: 1.85g (2.05%), Cholesterol: 128.85mg (42.95%), Sodium: 1635.1mg (71.09%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 28.64g (57.28%), Vitamin K: 193.08µg (183.89%), Selenium: 56.47µg (80.68%), Vitamin B3: 9.62mg (48.11%), Vitamin B1: 0.55mg (36.8%), Manganese: 0.63mg (31.75%), Vitamin E: 4.57mg (30.49%), Phosphorus: 286.11mg (28.61%), Folate: 102.98µg (25.74%), Iron: 4.52mg (25.12%), Vitamin B2: 0.39mg (23.07%), Vitamin B6: 0.46mg (23.05%), Fiber: 4.13g (16.51%), Zinc: 2.36mg (15.73%), Magnesium: 62.35mg (15.59%), Vitamin B5: 1.43mg (14.32%), Potassium: 352.54mg (10.07%), Copper: 0.18mg (9.24%), Vitamin B12: 0.48µg (7.96%), Vitamin C: 6.21mg (7.53%), Vitamin A: 360.2IU (7.2%), Calcium: 71.72mg (7.17%), Vitamin D: 0.32µg (2.15%)