

Leyley's Spicy Chicken Adobo Wings

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

READY IN



90 min.

SERVINGS



24

CALORIES



77 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 2 bay leaves
- 3 pounds chicken wings separated
- 2 jalapeno
- 1 medium onion chopped
- 1 teaspoon peppercorns whole black
- 0.5 cup soya sauce to taste
- 0.5 cup water
- 1 cup vinegar white

- 1 head garlic clove whole minced

Equipment

- frying pan
- pot
- colander

Directions

- Bring a large pot of water to a boil.
- Add the wings, and boil for 5 to 8 minutes.
- Drain in a colander and run under warm water. Return to the dry pot, and add the vinegar, water, bay leaves, peppercorns, onion and jalapenos. Simmer over low heat for 20 minutes.
- Season the chicken with soy sauce, and simmer for another 10 to 15 minutes, or until the sauce has reduced by 1/2
- Remove the wings to a colander, and set aside.
- Add a few garlic cloves to the liquid in the pan, and simmer until the sauce has a syrupy consistency, and the jalapenos have burst open releasing all of their seeds into the reduction.
- Heat a large nonstick skillet over medium heat.
- Add the chicken wings and the remaining garlic. Cook and stir until the garlic is tender and the wings have browned, about 10 minutes. Return wings to the sauce to coat before serving.

Nutrition Facts



Properties

Glycemic Index:7.75, Glycemic Load:0.28, Inflammation Score:-1, Nutrition Score:2.6817391391682%

Flavonoids

Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Isorhamnetin: 0.23mg, Isorhamnetin: 0.23mg, Isorhamnetin: 0.23mg, Isorhamnetin: 0.23mg Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 1.01mg, Quercetin: 1.01mg, Quercetin: 1.01mg, Quercetin: 1.01mg

Nutrients (% of daily need)

Calories: 77.18kcal (3.86%), Fat: 4.92g (7.56%), Saturated Fat: 1.38g (8.62%), Carbohydrates: 1.29g (0.43%), Net Carbohydrates: 1.06g (0.39%), Sugar: 0.34g (0.38%), Cholesterol: 23.58mg (7.86%), Sodium: 293.25mg (12.75%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 6.28g (12.55%), Vitamin B3: 2.04mg (10.18%), Selenium: 5.04µg (7.2%), Vitamin B6: 0.14mg (7.12%), Phosphorus: 50.84mg (5.08%), Manganese: 0.09mg (4.3%), Zinc: 0.46mg (3.03%), Vitamin C: 2.31mg (2.79%), Vitamin B5: 0.27mg (2.72%), Iron: 0.46mg (2.57%), Vitamin B2: 0.04mg (2.23%), Magnesium: 8.85mg (2.21%), Potassium: 74.97mg (2.14%), Vitamin B12: 0.1µg (1.63%), Vitamin B1: 0.02mg (1.51%), Copper: 0.03mg (1.44%), Vitamin A: 59.3IU (1.19%)