



Malaysian Barbecue Chicken Wings

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

READY IN



45 min.

SERVINGS



2

CALORIES



757 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 12 chicken wings
- 1 tablespoon basil dried
- 0.5 tablespoon garlic powder
- 2 servings pepper black to taste
- 0.5 teaspoon onion powder
- 2 tablespoons oyster sauce
- 1 tablespoon sesame oil
- 2 tablespoons soya sauce dark

4 tablespoons soya sauce

Equipment

bowl

grill

Directions

In a shallow glass bowl combine the soy sauce, dark soy sauce, sesame oil, oyster sauce, garlic powder, onion powder, ground black pepper and dried basil.

Mix together.

Add chicken wings, cover and refrigerate overnight. Stir together again the next day.

Lightly oil grill and preheat to high heat.

Remove wings from marinade and discard remaining marinade. Grill chicken wings over preheated grill for 8 to 12 minutes each side, or until cooked through and juices run clear.

Nutrition Facts

PROTEIN 31.84% **FAT 63.98%** **CARBS 4.18%**

Properties

Glycemic Index:33.5, Glycemic Load:0.46, Inflammation Score:-5, Nutrition Score:24.840869639231%

Nutrients (% of daily need)

Calories: 756.86kcal (37.84%), Fat: 53.25g (81.93%), Saturated Fat: 13.98g (87.36%), Carbohydrates: 7.84g (2.61%), Net Carbohydrates: 6.32g (2.3%), Sugar: 1.03g (1.15%), Cholesterol: 222.04mg (74.01%), Sodium: 3721.45mg (161.8%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 59.63g (119.26%), Vitamin B3: 19.6mg (98.02%), Selenium: 46.53µg (66.48%), Vitamin B6: 1.18mg (59.2%), Phosphorus: 470.32mg (47.03%), Vitamin K: 35.43µg (33.75%), Iron: 6mg (33.31%), Zinc: 4.31mg (28.71%), Manganese: 0.57mg (28.29%), Vitamin B5: 2.45mg (24.51%), Vitamin B2: 0.39mg (22.68%), Magnesium: 90.72mg (22.68%), Potassium: 656.76mg (18.76%), Vitamin B12: 1µg (16.61%), Copper: 0.27mg (13.73%), Vitamin B1: 0.18mg (12.32%), Calcium: 99.91mg (9.99%), Vitamin A: 439.32IU (8.79%), Vitamin E: 1.19mg (7.95%), Folate: 31.43µg (7.86%), Fiber: 1.52g (6.09%), Vitamin C: 2.19mg (2.66%), Vitamin D: 0.29µg (1.92%)