



Malaysian Sticky Wings



Gluten Free



Dairy Free

READY IN



270 min.

SERVINGS



4

CALORIES



906 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1.5 tablespoon anise seeds
- ☐ 0.5 cup apple juice
- ☐ 2 tablespoon asian fish sauce
- ☐ 4 pound chicken wings
- ☐ 3 tablespoon coriander seeds
- ☐ 1 tablespoon cumin seeds
- ☐ 10 clove garlic peeled smashed (and lightly)
- ☐ 0.5 cup granulated sugar

- ☐ 0.5 cup soya sauce low-sodium (be sure it's)
- ☐ 0.7 cup blackstrap molasses
- ☐ 3 cup napa cabbage shredded loosely packed ()
- ☐ 1 ounce chilies dried red (such as arbol)

Equipment

- ☐ bowl
- ☐ frying pan
- ☐ baking sheet
- ☐ paper towels
- ☐ sauce pan
- ☐ oven
- ☐ whisk
- ☐ wire rack
- ☐ aluminum foil
- ☐ mortar and pestle

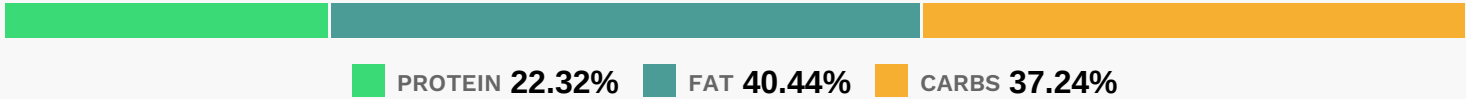
Directions

- ☐ In a small skillet, toast the chiles, coriander seeds, anise seeds and cumin seeds over moderate heat until fragrant, about 3 minutes.
- ☐ Transfer to a spice grinder or mortar and grind to a fairly fine powder.
- ☐ Transfer the ground spices to a medium bowl and whisk in the sugar, molasses, apple juice, soy sauce, fish sauce, garlic and ginger.
- ☐ Place the wings in a large bowl and pour in the marinade. Cover and refrigerate for at least 4 hours and up to overnight, turning occasionally.Preheat the oven to 425 degrees F.
- ☐ Remove the wings from the marinade and pat dry with paper towels; reserve the marinade. Arrange the wings on a wire rack set over a foil-covered baking sheet in as close to a single layer as possible. Use 2 racks if necessary. Roast for about 35 minutes, or until well browned and cooked through. The sugar in the marinade may make them appear quite dark, but don't worry and be sure to cook them all the way through.Meanwhile, strain the marinade into a medium saucepan and bring to a boil. Then lower the heat and cook over medium-low heat

until reduced by half and beginning to get thick and sticky, about 20 minutes.

- ☐
- Transfer the marinade to a large bowl. When the wings are done, add them to the bowl and toss to coat with the sauce. Pile on plates and serve immediately with cabbage and cucumbers on the side.

Nutrition Facts



Properties

Glycemic Index:56.71, Glycemic Load:38.45, Inflammation Score:-10, Nutrition Score:36.97086968111%

Flavonoids

Cyanidin: 0.01mg, Cyanidin: 0.01mg, Cyanidin: 0.01mg, Cyanidin: 0.01mg Catechin: 0.39mg, Catechin: 0.39mg, Catechin: 0.39mg, Catechin: 0.39mg Epicatechin: 1.46mg, Epicatechin: 1.46mg, Epicatechin: 1.46mg, Epicatechin: 1.46mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg Myricetin: 0.14mg, Myricetin: 0.14mg, Myricetin: 0.14mg, Myricetin: 0.14mg Quercetin: 0.32mg, Quercetin: 0.32mg, Quercetin: 0.32mg, Quercetin: 0.32mg

Nutrients (% of daily need)

Calories: 906.12kcal (45.31%), Fat: 41.31g (63.56%), Saturated Fat: 11.16g (69.77%), Carbohydrates: 85.59g (28.53%), Net Carbohydrates: 80.38g (29.23%), Sugar: 74.2g (82.44%), Cholesterol: 188.6mg (62.87%), Sodium: 2072.12mg (90.09%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 51.31g (102.61%), Vitamin B3: 16.74mg (83.72%), Vitamin B6: 1.63mg (81.48%), Manganese: 1.55mg (77.42%), Selenium: 51.95µg (74.22%), Magnesium: 256.52mg (64.13%), Potassium: 1777.09mg (50.77%), Vitamin A: 2446.74IU (48.93%), Iron: 8.7mg (48.33%), Phosphorus: 468.44mg (46.84%), Vitamin K: 32.33µg (30.79%), Zinc: 4.36mg (29.05%), Vitamin C: 23.37mg (28.33%), Calcium: 276.44mg (27.64%), Vitamin B2: 0.45mg (26.63%), Vitamin B5: 2.65mg (26.46%), Copper: 0.53mg (26.43%), Fiber: 5.22g (20.87%), Folate: 77.66µg (19.41%), Vitamin B1: 0.23mg (15.37%), Vitamin B12: 0.83µg (13.78%), Vitamin E: 1.22mg (8.1%), Vitamin D: 0.24µg (1.63%)