



Mochiko Chicken Wings

 Dairy Free

READY IN



515 min.

SERVINGS



6

CALORIES



614 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 5 pounds chicken wings
- 0.8 cup cornstarch
- 3 eggs beaten
- 2 tablespoons flour all-purpose
- 5 cloves garlic minced
- 6 green onions finely chopped
- 6 servings oil for deep frying
- 2 teaspoons hawaiian sea salt

- 0.5 cup soya sauce
- 2 tablespoons sugar white

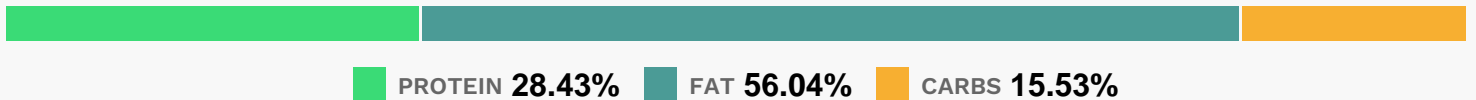
Equipment

- bowl
- paper towels
- pot
- plastic wrap

Directions

- Stir together eggs, soy sauce, sugar, sea salt, green onions, and garlic in a large bowl. Sift together the flour, cornstarch, and mochiko; fold into the egg mixture until smooth.
- Add chicken and mix until well coated. Cover bowl with plastic wrap and refrigerate overnight.
- Remove the chicken from the refrigerator, and mix again to redistribute.
- Heat a large pot of oil to 350 degrees F (175 degrees C). Deep fry chicken wings until golden brown and cooked through; drain on paper towels.

Nutrition Facts



Properties

Glycemic Index:37.02, Glycemic Load:4.73, Inflammation Score:-5, Nutrition Score:18.243043381235%

Flavonoids

Kaempferol: 0.17mg, Kaempferol: 0.17mg, Kaempferol: 0.17mg, Kaempferol: 0.17mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 1.33mg, Quercetin: 1.33mg, Quercetin: 1.33mg, Quercetin: 1.33mg

Nutrients (% of daily need)

Calories: 613.98kcal (30.7%), Fat: 37.59g (57.83%), Saturated Fat: 10.05g (62.83%), Carbohydrates: 23.44g (7.81%), Net Carbohydrates: 22.71g (8.26%), Sugar: 4.71g (5.24%), Cholesterol: 239.01mg (79.67%), Sodium: 2039.24mg (88.66%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 42.9g (85.79%), Vitamin B3: 13.1mg (65.52%), Selenium: 40.3µg (57.56%), Vitamin B6: 0.83mg (41.49%), Phosphorus: 351.17mg (35.12%), Vitamin K: 26.95µg (25.67%), Zinc: 3.19mg (21.25%), Vitamin B5: 2.01mg (20.08%), Vitamin B2: 0.34mg (19.71%), Iron: 3.2mg (17.8%),

Vitamin B12: 0.85µg (14.15%), Magnesium: 51.19mg (12.8%), Potassium: 436.31mg (12.47%), Manganese: 0.23mg (11.4%), Vitamin A: 538.72IU (10.77%), Vitamin B1: 0.15mg (9.96%), Vitamin E: 1.4mg (9.35%), Folate: 34.31µg (8.58%), Copper: 0.16mg (7.78%), Calcium: 55.06mg (5.51%), Vitamin C: 4.46mg (5.41%), Vitamin D: 0.64µg (4.29%), Fiber: 0.73g (2.92%)