



Mochiko Chicken Wings

 Dairy Free

READY IN



515 min.

SERVINGS



6

CALORIES



700 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
- 0.8 cup mochiko (glutinous rice flour)

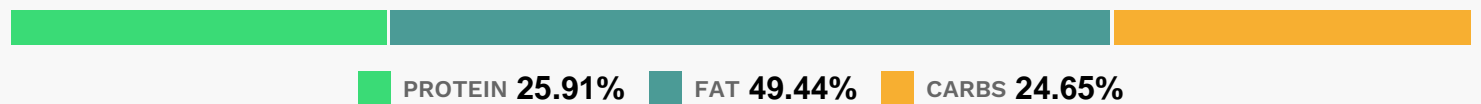
Equipment

- 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:50.85, Glycemic Load:19.87, Inflammation Score:-5, Nutrition Score:19.895217356475%

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: 699.54kcal (34.98%), Fat: 37.72g (58.03%), Saturated Fat: 10.08g (62.99%), Carbohydrates: 42.33g (14.11%), Net Carbohydrates: 40.95g (14.89%), Sugar: 4.71g (5.24%), Cholesterol: 239.01mg (79.67%), Sodium: 2040.86mg (88.73%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 44.47g (88.94%), Vitamin B3: 13.6mg

(68%), Selenium: 43.79µg (62.55%), Vitamin B6: 0.85mg (42.73%), Phosphorus: 367.59mg (36.76%), Vitamin K: 26.95µg (25.67%), Zinc: 3.46mg (23.1%), Manganese: 0.45mg (22.67%), Vitamin B5: 2.2mg (21.99%), Vitamin B2: 0.35mg (20.45%), Iron: 3.57mg (19.86%), Vitamin B12: 0.85µg (14.15%), Magnesium: 56.51mg (14.13%), Potassium: 454.11mg (12.97%), Vitamin B1: 0.19mg (12.74%), Vitamin A: 538.72IU (10.77%), Copper: 0.2mg (9.75%), Vitamin E: 1.4mg (9.35%), Folate: 35.93µg (8.98%), Calcium: 57.6mg (5.76%), Fiber: 1.38g (5.51%), Vitamin C: 4.46mg (5.41%), Vitamin D: 0.64µg (4.29%)