



Momofuku-Style Chicken Wings



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



460 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 4 servings pepper black freshly ground
- ☐ 2 tablespoons canola oil for frying plus more
- ☐ 3 pounds chicken wings cut into drumettes and flats, tips discarded
- ☐ 2 tablespoons ginger fresh chopped
- ☐ 2 tablespoons garlic finely chopped
- ☐ 0.3 teaspoon jalapeno finely chopped
- ☐ 0.3 cup soy sauce light
- ☐ 0.3 cup rice vinegar

- ☐ 0.3 teaspoon sesame oil
- ☐ 1.5 tablespoons sugar

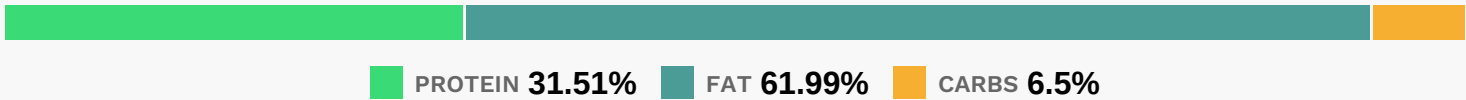
Equipment

- ☐ bowl
- ☐ baking sheet
- ☐ whisk
- ☐ wire rack
- ☐ kitchen thermometer
- ☐ dutch oven

Directions

- ☐ Pour enough oil to come half way up the side of a dutch oven.
- ☐ Heat over high heat until oil registers 400°F on a frying thermometer.
- ☐ Add 1 pound wings. Cook until browned and crisp, 10 to 12 minutes.
- ☐ Transfer to wire rack set in rimmed baking sheet. Repeat with remaining wings.
- ☐ Meanwhile, in a large bowl, whisk together garlic, ginger, jalapeno, rice wine vinegar, soy sauce, canola oil, sesame oil, sugar, and a few cracks of black pepper.
- ☐ Toss cooked wings with sauce and serve immediately.

Nutrition Facts



Properties

Glycemic Index:61.02, Glycemic Load:3.72, Inflammation Score:-3, Nutrition Score:12.873478184576%

Flavonoids

Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg Quercetin: 0.09mg, Quercetin: 0.09mg, Quercetin: 0.09mg, Quercetin: 0.09mg

Nutrients (% of daily need)

Calories: 460.41kcal (23.02%), Fat: 31.07g (47.8%), Saturated Fat: 8.38g (52.39%), Carbohydrates: 7.33g (2.44%), Net Carbohydrates: 7.02g (2.55%), Sugar: 4.86g (5.4%), Cholesterol: 141.45mg (47.15%), Sodium: 945.6mg (41.11%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 35.53g (71.06%), Vitamin B3: 11.52mg (57.59%), Selenium: 29.3µg (41.85%), Vitamin B6: 0.73mg (36.44%), Phosphorus: 269.53mg (26.95%), Zinc: 2.57mg (17.12%), Vitamin B5: 1.5mg (14.95%), Iron: 2.2mg (12.2%), Vitamin B2: 0.19mg (11.21%), Magnesium: 41.75mg (10.44%), Manganese: 0.2mg (10.12%), Potassium: 350.4mg (10.01%), Vitamin B12: 0.59µg (9.8%), Vitamin B1: 0.11mg (7.06%), Copper: 0.12mg (5.88%), Vitamin E: 0.82mg (5.49%), Vitamin A: 274.32IU (5.49%), Vitamin C: 3.08mg (3.73%), Calcium: 34.23mg (3.42%), Folate: 10.56µg (2.64%), Vitamin K: 1.33µg (1.26%), Vitamin D: 0.18µg (1.22%), Fiber: 0.3g (1.22%)