



## Mongolian Kickin' Wings with Creamy Wasabi Dipping Sauce

READY IN



85 min.

SERVINGS



4

CALORIES



969 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- 0.3 cup apple cider vinegar
- 4 servings canola oil for frying
- 2 pounds chicken wing drumettes
- 0.3 cup sambal chili sauce
- 3 tablespoons cilantro leaves fresh chopped
- 2 tablespoons ginger fresh chopped
- 1 tablespoon garlic chopped
- 1 tablespoon ground pepper black

- 1 cup honey
- 2 tablespoons juice of lime
- 2 tablespoons soya sauce low-sodium
- 0.5 cup mayonnaise
- 0.3 teaspoon salt
- 4 servings salt and pepper black freshly ground
- 0.5 cup cup heavy whipping cream sour
- 2 tablespoons soya sauce
- 3 tablespoons sriracha sauce
- 0.5 cup soya sauce sweet
- 1 tablespoon wasabi paste

## Equipment

- bowl
- sauce pan
- pot
- kitchen thermometer

## Directions

- Combine the mayonnaise, sour cream, cilantro, lime juice and wasabi in a small bowl and season with salt and pepper. Keep the sauce in the fridge until ready to serve.
- Cut the meat of the drumettes at the base of the bone and pull the meat down to form lollipops.
- In a saucepan, combine the honey, sweet soy sauce, sambal chili sauce, vinegar, Sriracha, ginger, low-sodium and regular soy sauce, garlic, black pepper and salt. Bring the mixture to a simmer over medium heat and cook until thickened a bit.
- Remove from the heat and transfer to a large bowl.
- Fill a large, heavy pot just over halfway with oil.
- Heat the oil over medium-high heat until a deep-fry thermometer inserted in the oil registers 350 degrees F. Fry the wings in batches until golden brown and cooked through, 8 to 10

minutes. Immediately toss the hot wings with the sauce.

Serve the wings with the dipping sauce on the side.

## Nutrition Facts

**PROTEIN 10.83%** **FAT 45.13%** **CARBS 44.04%**

### Properties

Glycemic Index:74.57, Glycemic Load:37.08, Inflammation Score:-5, Nutrition Score:16.490000040635%

### Flavonoids

Eriodictyol: 0.16mg, Eriodictyol: 0.16mg, Eriodictyol: 0.16mg, Eriodictyol: 0.16mg Hesperetin: 0.67mg, Hesperetin: 0.67mg, Hesperetin: 0.67mg, Hesperetin: 0.67mg Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 0.23mg, Quercetin: 0.23mg, Quercetin: 0.23mg, Quercetin: 0.23mg

### Nutrients (% of daily need)

Calories: 968.53kcal (48.43%), Fat: 49.14g (75.59%), Saturated Fat: 11.92g (74.52%), Carbohydrates: 107.89g (35.96%), Net Carbohydrates: 106.17g (38.61%), Sugar: 95.61g (106.23%), Cholesterol: 123.02mg (41.01%), Sodium: 2302.92mg (100.13%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 26.54g (53.07%), Vitamin K: 53.12µg (50.59%), Vitamin B3: 8.32mg (41.61%), Selenium: 22.14µg (31.63%), Vitamin B6: 0.59mg (29.71%), Phosphorus: 242.83mg (24.28%), Manganese: 0.48mg (23.95%), Vitamin C: 17.17mg (20.82%), Vitamin E: 2.42mg (16.12%), Vitamin B2: 0.26mg (15.44%), Zinc: 2.23mg (14.87%), Potassium: 508.5mg (14.53%), Iron: 2.44mg (13.56%), Vitamin B5: 1.27mg (12.71%), Magnesium: 47.99mg (12%), Vitamin A: 582.08IU (11.64%), Copper: 0.18mg (9.23%), Vitamin B12: 0.49µg (8.1%), Calcium: 79.04mg (7.9%), Vitamin B1: 0.11mg (7.56%), Fiber: 1.72g (6.88%), Folate: 19.82µg (4.95%), Vitamin D: 0.18µg (1.19%)