



Mustard Caraway Chicken Wings

 Dairy Free

READY IN



65 min.

SERVINGS



12

CALORIES



345 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 2 teaspoons caraway seeds
- 4 pounds chicken wings
- 0.3 cup cider vinegar
- 0.5 cup dijon mustard
- 0.7 cup mayonnaise
- 2 cups rye bread crumbs fresh fine
- 0.3 teaspoon salt

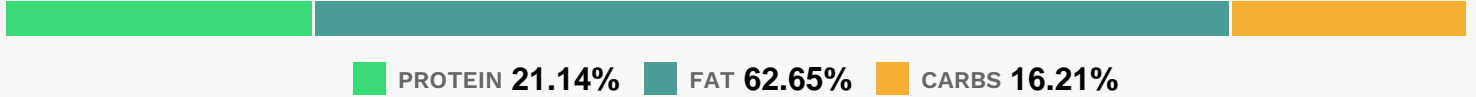
Equipment

- bowl
- oven
- whisk
- roasting pan

Directions

- Preheat the oven to 450 degrees F.
- Cut the wings tips off the wings and reserve for another use, such as stock.
- Cut the wings in 1/2 at the joint.
- In a bowl, whisk together the mayonnaise, mustard, vinegar, and salt.
- Add the wings and toss them until coated well. In another bowl, toss together the breadcrumbs and caraway seeds and coat the wings with the crumb mixture.
- Bake the wings on a rack in a shallow roasting pan, turning once, until lightly browned, about 30 to 35 minutes.

Nutrition Facts



Properties

Glycemic Index:10.17, Glycemic Load:0.09, Inflammation Score:-3, Nutrition Score:9.8226087197014%

Nutrients (% of daily need)

Calories: 345.46kcal (17.27%), Fat: 23.7g (36.46%), Saturated Fat: 5.36g (33.49%), Carbohydrates: 13.79g (4.6%), Net Carbohydrates: 12.41g (4.51%), Sugar: 1.36g (1.51%), Cholesterol: 68.09mg (22.7%), Sodium: 433.26mg (18.84%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 18g (35.99%), Vitamin B3: 6.1mg (30.51%), Selenium: 21.05µg (30.07%), Vitamin K: 21.63µg (20.6%), Vitamin B6: 0.32mg (15.84%), Vitamin B1: 0.24mg (15.69%), Phosphorus: 153.58mg (15.36%), Manganese: 0.24mg (12.06%), Iron: 1.9mg (10.56%), Zinc: 1.45mg (9.68%), Vitamin B2: 0.15mg (9.11%), Vitamin B5: 0.78mg (7.77%), Magnesium: 28.65mg (7.16%), Folate: 23.91µg (5.98%), Vitamin B12: 0.34µg (5.65%), Fiber: 1.38g (5.53%), Potassium: 188.85mg (5.4%), Calcium: 52.94mg (5.29%), Vitamin E: 0.71mg (4.75%), Copper: 0.09mg (4.64%), Vitamin A: 136.69IU (2.73%)