



Oriental Spicy Chicken Wings



Gluten Free



Dairy Free

READY IN



205 min.

SERVINGS



4

CALORIES



371 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 2.5 pounds chicken wings
- 0.3 cup asian chile paste (such as sambal oelek)
- 2 tablespoons fish sauce
- 1 teaspoon ginger fresh grated
- 2 teaspoons garlic chopped
- 1 juice of lime juiced
- 2 tablespoons soya sauce

Equipment

- bowl
- whisk
- grill
- ziploc bags

Directions

- Whisk chile paste, fish sauce, soy sauce, garlic, ginger, and lime juice together in a bowl, and pour into a resealable plastic bag.
- Add chicken wings, coat with the marinade, squeeze out excess air, and seal the bag. Marinate, turning the bag several times, in the refrigerator for 3 hours to overnight.
- Preheat an outdoor grill for medium–high heat and lightly oil the grate.
- Remove chicken wings from marinade and discard unused marinade.
- Grill chicken on the preheated grill until no longer pink at the bone and the juices run clear, 12 to 14 minutes.

Nutrition Facts

PROTEIN 32.58% **FAT 59.88%** **CARBS 7.54%**

Properties

Glycemic Index:15, Glycemic Load:0.22, Inflammation Score:-4, Nutrition Score:11.436086849026%

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 Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 0.06mg, Quercetin: 0.06mg, Quercetin: 0.06mg, Quercetin: 0.06mg

Nutrients (% of daily need)

Calories: 370.66kcal (18.53%), Fat: 24.53g (37.73%), Saturated Fat: 6.87g (42.94%), Carbohydrates: 6.95g (2.32%), Net Carbohydrates: 6.72g (2.44%), Sugar: 2.16g (2.4%), Cholesterol: 117.88mg (39.29%), Sodium: 1324.88mg (57.6%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 30.02g (60.05%), Vitamin B3: 9.93mg (49.67%), Selenium: 25.03µg (35.76%), Vitamin B6: 0.64mg (31.95%), Phosphorus: 226.79mg (22.68%), Zinc: 2.15mg (14.3%), Magnesium: 50.14mg (12.54%), Vitamin B5: 1.24mg (12.36%), Iron: 1.91mg (10.61%), Potassium: 363.81mg (10.39%), Vitamin B2: 0.17mg (9.91%), Vitamin B12: 0.53µg (8.88%), Vitamin C: 6.59mg (7.99%), Vitamin B1: 0.1mg (6.68%), Manganese: 0.12mg (6.05%), Copper: 0.11mg (5.46%), Vitamin A: 263.96IU (5.28%), Folate: 14.89µg (3.72%), Vitamin

E: 0.52mg (3.47%), Calcium: 31.3mg (3.13%), Vitamin D: 0.15 μ g (1.02%)