



Pat's Spicy Peach Hot Wings

 Gluten Free

READY IN



50 min.

SERVINGS



6

CALORIES



449 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 2 ounces butter
- 3 pounds chicken wings
- 2 cloves garlic chopped
- 0.5 teaspoon garlic powder
- 0.3 cup hot sauce (recommended: Tabasco)
- 6 servings kosher salt
- 0.5 cup peach preserves
- 6 servings vegetable oil; peanut oil preferred for frying

- 1 teaspoon paprika smoked
- 1 tablespoon soya sauce

Equipment

- bowl
- paper towels
- sauce pan
- baking pan
- slotted spoon
- deep fryer

Directions

- Preheat deep fryer with peanut oil to 350 degrees F.
- Mix the 2 teaspoons salt, smoked paprika, and garlic powder together in a small bowl.
- Add chicken wings and toss to coat.
- Melt the butter in medium saucepan over medium heat with the garlic.
- Stir in peach preserves, hot sauce, and soy sauce. Cook until syrupy and thick, about 5 minutes.
- Transfer to a large bowl.
- Add the wings to the deep fryer and fry until cooked through and golden and crisp, 12 to 15 minutes. You will need to do this in 2 batches so you don't overcrowd your fryer.
- Remove the wings from the fryer and drain on a paper towel-lined baking tray.
- Add the fried wings to the large bowl of sauce and toss until well combined and wings are well coated. Using a slotted spoon, remove the wings to a platter and serve immediately.

Nutrition Facts

 **PROTEIN 20.76%**  **FAT 60.8%**  **CARBS 18.44%**

Properties

Glycemic Index:28.33, Glycemic Load:10.7, Inflammation Score:-5, Nutrition Score:9.6765218584434%

Flavonoids

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

Nutrients (% of daily need)

Calories: 449.31kcal (22.47%), Fat: 30.13g (46.36%), Saturated Fat: 10.83g (67.71%), Carbohydrates: 20.56g (6.85%), Net Carbohydrates: 20.04g (7.29%), Sugar: 13.97g (15.53%), Cholesterol: 114.62mg (38.21%), Sodium: 785.45mg (34.15%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 23.15g (46.3%), Vitamin B3: 7.46mg (37.29%), Selenium: 19.89µg (28.42%), Vitamin B6: 0.48mg (24%), Phosphorus: 177.92mg (17.79%), Vitamin C: 11.15mg (13.51%), Vitamin A: 596.65IU (11.93%), Zinc: 1.71mg (11.42%), Vitamin B5: 0.99mg (9.93%), Vitamin B2: 0.15mg (8.87%), Iron: 1.53mg (8.49%), Vitamin E: 1.17mg (7.81%), Potassium: 250.53mg (7.16%), Vitamin B12: 0.41µg (6.8%), Magnesium: 26.11mg (6.53%), Vitamin B1: 0.07mg (4.89%), Copper: 0.09mg (4.61%), Manganese: 0.08mg (3.91%), Calcium: 26.92mg (2.69%), Folate: 9.75µg (2.44%), Fiber: 0.53g (2.1%), Vitamin K: 1.21µg (1.15%)