



WHATSheATE



Pepper and Salt Chicken Wings



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



422 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 tablespoon peppercorns black
- ☐ 3 inch celery stalks peeled for serving
- ☐ 3 pounds chicken wings separated
- ☐ 0.3 cup kosher salt
- ☐ 4 servings lemon cream
- ☐ 0.5 tablespoon peppercorns white

Equipment

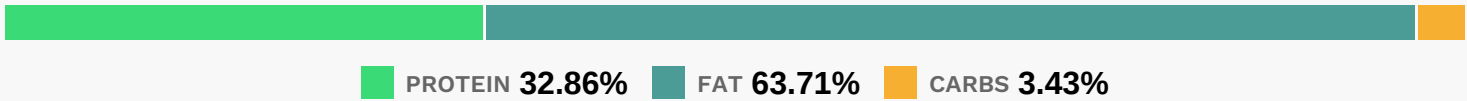
- ☐ frying pan

- ☐ baking sheet
- ☐ oven
- ☐ mortar and pestle

Directions

- ☐ Preheat the oven to 45
- ☐ Coarsely crush the black and white peppercorns in a mortar or use a heavy-bottomed skillet; stir in the salt.
- ☐ Put the chicken wings on a large baking sheet and toss with the pepper and salt. Roast on the top rack of the oven for 1 hour.
- ☐ Serve with celery sticks and the Lemon Cream.
- ☐ Wine Recommendation: Tame the fiery flavors here with an Italian Pinot Grigio or an inexpensive sparkling wine. Try the bright, tangy 1998 Manlio Collavini Pinot Grigio Canlungo or the Nonvintage Mumm Cuve Napa.

Nutrition Facts



Properties

Glycemic Index:22.38, Glycemic Load:0.43, Inflammation Score:-3, Nutrition Score:13.379565176756%

Flavonoids

Eriodictyol: 1.5mg, Eriodictyol: 1.5mg, Eriodictyol: 1.5mg, Eriodictyol: 1.5mg Hesperetin: 1.95mg, Hesperetin: 1.95mg, Hesperetin: 1.95mg, Hesperetin: 1.95mg Naringenin: 0.04mg, Naringenin: 0.04mg, Naringenin: 0.04mg, Naringenin: 0.04mg Apigenin: 0.05mg, Apigenin: 0.05mg, Apigenin: 0.05mg, Apigenin: 0.05mg Luteolin: 0.15mg, Luteolin: 0.15mg, Luteolin: 0.15mg, Luteolin: 0.15mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 0.09mg, Quercetin: 0.09mg, Quercetin: 0.09mg, Quercetin: 0.09mg

Nutrients (% of daily need)

Calories: 421.87kcal (21.09%), Fat: 29.48g (45.36%), Saturated Fat: 8.28g (51.75%), Carbohydrates: 3.58g (1.19%), Net Carbohydrates: 2.23g (0.81%), Sugar: 0.22g (0.24%), Cholesterol: 141.45mg (47.15%), Sodium: 7209.7mg (313.47%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 34.22g (68.43%), Vitamin B3: 10.93mg (54.66%), Selenium: 28.71µg (41.01%), Vitamin B6: 0.66mg (32.96%), Phosphorus: 251.27mg (25.13%), Manganese: 0.45mg (22.68%), Zinc: 2.52mg (16.79%), Vitamin B5: 1.46mg (14.6%), Iron: 2.36mg (13.1%), Vitamin B2: 0.17mg (10.06%),

Magnesium: 39.96mg (9.99%), Vitamin B12: 0.59µg (9.8%), Potassium: 337.23mg (9.64%), Copper: 0.13mg (6.71%), Vitamin C: 5.44mg (6.6%), Vitamin B1: 0.09mg (6.3%), Vitamin A: 293.81IU (5.88%), Fiber: 1.34g (5.37%), Calcium: 44.98mg (4.5%), Vitamin K: 4.65µg (4.43%), Vitamin E: 0.59mg (3.95%), Folate: 9.41µg (2.35%), Vitamin D: 0.18µg (1.22%)