



Red Chile Chicken Wings with Chipotle Honey Glaze

 **Gluten Free** Image not found or type unknown

READY IN

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ready

60 min.

SERVINGS

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servings

4

CALORIES

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calories

756 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 2 tablespoons ancho chile powder
- ☐ 0.3 cup cheese blue such as cabrales crumbled
- ☐ 4 servings canola oil
- ☐ 12 chicken wings at the joint split
- ☐ 1 tablespoon new mexico chile powder
- ☐ 1 tablespoons chipotle chile in adobo pureed
- ☐ 1 tablespoon dijon mustard

- ☐ 2 tablespoons cilantro leaves fresh finely chopped
- ☐ 4 servings cilantro leaves fresh finely chopped for garnish
- ☐ 1 cup greek yogurt
- ☐ 2 teaspoons ground cumin
- ☐ 1 tablespoons honey
- ☐ 2 tablespoons onion red finely grated
- ☐ 0.5 cup red wine vinegar
- ☐ 4 servings salt and pepper black freshly ground
- ☐ 1 stick butter unsalted quartered

Equipment

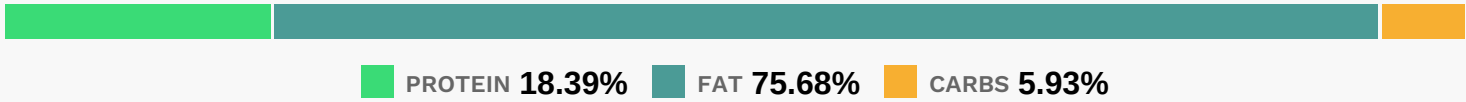
- ☐ bowl
- ☐ frying pan
- ☐ kitchen thermometer

Directions

- ☐ For the blue cheese sauce: Stir together the yogurt, blue cheese, cilantro, onions and salt and pepper to taste in a bowl. Refrigerate for at least 30 minutes before serving to allow the flavors to meld.
- ☐ Heat 2 to 3 inches of oil in a large, high-sided pan until it reaches 375 degrees F on a deep-fry thermometer.
- ☐ Sprinkle the wings with salt and pepper. Stir together the chili powders, cumin, 1 teaspoon salt and some pepper in a shallow bowl. Dust the wings with the seasoning mixture and toss in a bowl to evenly coat.
- ☐ Add the wings to the oil in batches and cook until golden brown and cooked through, 8 to 10 minutes.
- ☐ For the glaze: In a large bowl, combine the vinegar, chipotle in adobo, honey and
- ☐ Dijon mustard. To a small saute pan, add the butter and melt.
- ☐ Add the melted butter to the bowl with the vinegar-honey mixture and stir to combine.
- ☐ Toss the freshly fried wings with the glaze in the bowl.

- ☐
- Garnish with cilantro.
- ☐
- Serve with theblue cheese sauce.

Nutrition Facts



Properties

Glycemic Index:59.82, Glycemic Load:2.45, Inflammation Score:-9, Nutrition Score:19.839565422224%

Flavonoids

Isorhamnetin: 0.25mg, Isorhamnetin: 0.25mg, Isorhamnetin: 0.25mg, Isorhamnetin: 0.25mg Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg Quercetin: 1.17mg, Quercetin: 1.17mg, Quercetin: 1.17mg, Quercetin: 1.17mg

Nutrients (% of daily need)

Calories: 756.09kcal (37.8%), Fat: 63.76g (98.1%), Saturated Fat: 23.81g (148.81%), Carbohydrates: 11.23g (3.74%), Net Carbohydrates: 8.37g (3.04%), Sugar: 6.98g (7.75%), Cholesterol: 180.58mg (60.19%), Sodium: 367.72mg (15.99%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 34.87g (69.74%), Vitamin A: 2799.73IU (55.99%), Vitamin B3: 9.53mg (47.63%), Selenium: 31.43µg (44.9%), Vitamin E: 5.91mg (39.39%), Vitamin B6: 0.69mg (34.6%), Phosphorus: 329.14mg (32.91%), Vitamin B2: 0.38mg (22.08%), Iron: 3.47mg (19.28%), Vitamin K: 19.73µg (18.79%), Zinc: 2.79mg (18.63%), Vitamin B12: 0.96µg (16.04%), Calcium: 159.51mg (15.95%), Vitamin B5: 1.52mg (15.24%), Potassium: 488.88mg (13.97%), Magnesium: 50.41mg (12.6%), Fiber: 2.86g (11.43%), Manganese: 0.22mg (11.09%), Copper: 0.16mg (7.79%), Vitamin B1: 0.12mg (7.67%), Folate: 16.45µg (4.11%), Vitamin D: 0.61µg (4.07%), Vitamin C: 1.77mg (2.15%)