



Red Hot Sticky Wings

 Gluten Free

READY IN



65 min.

SERVINGS



5

CALORIES



433 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 sticks celery and bell pepper red for serving
- ☐ 0.3 cup pepper black
- ☐ 2 tablespoons butter
- ☐ 1.5 pounds chicken wings
- ☐ 1 tablespoon garlic minced
- ☐ 0.3 cup garlic powder
- ☐ 0.3 cup honey
- ☐ 2 tablespoons hot sauce

- ☐ 5 servings vegetable oil; peanut oil preferred for frying
- ☐ 0.3 cup pomegranate juice
- ☐ 1 teaspoon pepper flakes red crushed
- ☐ 1 cup salt
- ☐ 1 tablespoon vegetable oil
- ☐ 0.5 cup tangy red

Equipment

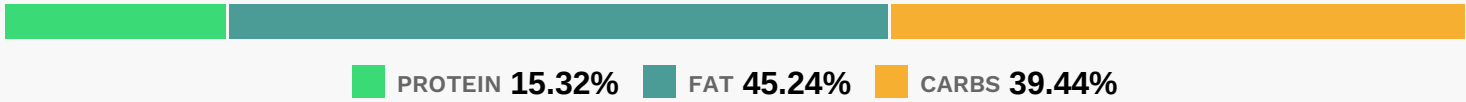
- ☐ frying pan
- ☐ baking sheet
- ☐ paper towels
- ☐ sauce pan
- ☐ oven
- ☐ mixing bowl
- ☐ dutch oven

Directions

- ☐ Preheat oven to 400 degrees F.
- ☐ Lay the chicken wings out in a single layer on a rimmed baking sheet. Season with House Seasoning.
- ☐ Bake for 20 minutes.
- ☐ Saute the garlic in vegetable oil in a medium saucepan over medium-low heat until softened and fragrant. Stir in barbecue sauce, reduced pomegranate juice, hot sauce and honey. Bring to a boil then lower and simmer for 15 minutes until thick. If using crushed red pepper flakes, add and cook 30 seconds more. Stir in butter until melted and smooth.
- ☐ Pour into a large mixing bowl.
- ☐ Heat oil in a deep-fryer or large Dutch oven to 350 degrees F.
- ☐ Fry the baked wings for 10 minutes until golden and crisp.
- ☐ Transfer to a paper towel lined sheet pan to drain.
- ☐ Toss the fried wings in the red sauce to coat.

- ☐ Transfer to a platter and serve with celery sticks and red bell pepper slices.
- ☐ Mix ingredients together and store in an airtight container for up to 6 months.

Nutrition Facts



Properties

Glycemic Index:40.25, Glycemic Load:9.28, Inflammation Score:-5, Nutrition Score:16.072608667871%

Flavonoids

Cyanidin: 0.3mg, Cyanidin: 0.3mg, Cyanidin: 0.3mg, Cyanidin: 0.3mg Delphinidin: 0.1mg, Delphinidin: 0.1mg, Delphinidin: 0.1mg, Delphinidin: 0.1mg Pelargonidin: 0.01mg, Pelargonidin: 0.01mg, Pelargonidin: 0.01mg, Pelargonidin: 0.01mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 0.17mg, Quercetin: 0.17mg, Quercetin: 0.17mg, Quercetin: 0.17mg

Nutrients (% of daily need)

Calories: 432.5kcal (21.63%), Fat: 22.57g (34.72%), Saturated Fat: 7.29g (45.56%), Carbohydrates: 44.27g (14.76%), Net Carbohydrates: 39.72g (14.44%), Sugar: 25.47g (28.29%), Cholesterol: 68.62mg (22.87%), Sodium: 23174.44mg (1007.58%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 17.19g (34.38%), Manganese: 1.79mg (89.69%), Vitamin B6: 0.55mg (27.74%), Vitamin K: 27.22µg (25.92%), Vitamin B3: 4.88mg (24.4%), Selenium: 15.76µg (22.52%), Fiber: 4.55g (18.22%), Phosphorus: 178.04mg (17.8%), Iron: 3.1mg (17.22%), Potassium: 542.92mg (15.51%), Copper: 0.31mg (15.38%), Magnesium: 49.47mg (12.37%), Zinc: 1.67mg (11.16%), Vitamin E: 1.65mg (11.03%), Calcium: 102.4mg (10.24%), Vitamin A: 510.16IU (10.2%), Vitamin B5: 0.94mg (9.36%), Vitamin B2: 0.14mg (8.17%), Vitamin B1: 0.11mg (7.63%), Vitamin C: 5.57mg (6.75%), Vitamin B12: 0.24µg (4.08%), Folate: 15.14µg (3.79%)