



Right Wings

 Dairy Free

READY IN



45 min.

SERVINGS



12

CALORIES



424 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 4.5 lb chicken wings
- ☐ 2.5 cups flour all-purpose
- ☐ 0.3 teaspoon ground pepper red
- ☐ 12 servings rom-esco sauce
- ☐ 1 teaspoon paprika
- ☐ 2 teaspoons salt
- ☐ 12 servings vegetable oil

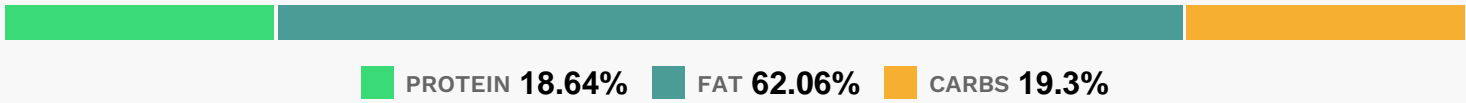
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ paper towels
- ☐ oven
- ☐ wire rack
- ☐ dutch oven

Directions

- ☐ Combine all-purpose flour and next 3 ingredients in a large bowl.
- ☐ Cut off chicken wing tips, and discard; cut wings in half at joint.
- ☐ Add wings to flour mixture; toss to coat. Cover and chill in flour mixture 1 1/2 hours.
- ☐ Pour oil to depth of 2 inches into a Dutch oven; heat to 37
- ☐ Remove wings from flour mixture, shaking off excess. Fry wings, in batches, 10 to 12 minutes or until golden brown.
- ☐ Drain on a wire rack over paper towels.
- ☐ Transfer wings to a wire rack in a jelly-roll pan, and keep warm in a 225 oven.
- ☐ Place wings in a large bowl, and add 3/4 to 1 cup Romesco Sauce; toss to coat.
- ☐ Serve hot wings with remaining sauce.

Nutrition Facts



Properties

Glycemic Index:10.17, Glycemic Load:14.39, Inflammation Score:-4, Nutrition Score:10.699999982896%

Nutrients (% of daily need)

Calories: 424.29kcal (21.21%), Fat: 28.95g (44.54%), Saturated Fat: 6.3g (39.35%), Carbohydrates: 20.27g (6.76%), Net Carbohydrates: 19.5g (7.09%), Sugar: 0.32g (0.36%), Cholesterol: 70.73mg (23.58%), Sodium: 467.28mg (20.32%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 19.56g (39.13%), Vitamin B3: 7mg (35.01%), Selenium: 23.08µg (32.97%), Vitamin K: 25.99µg (24.75%), Vitamin B6: 0.34mg (16.88%), Vitamin B1: 0.25mg (16.61%), Phosphorus: 150.02mg (15%), Folate: 51.46µg (12.86%), Vitamin B2: 0.21mg (12.47%), Iron: 2.13mg (11.81%), Vitamin E:

1.5mg (9.98%), Manganese: 0.2mg (9.93%), Zinc: 1.41mg (9.42%), Vitamin B5: 0.82mg (8.22%), Magnesium: 22.63mg (5.66%), Potassium: 175.87mg (5.02%), Vitamin B12: 0.29µg (4.9%), Vitamin A: 234.45IU (4.69%), Copper: 0.08mg (3.84%), Fiber: 0.77g (3.09%), Calcium: 15.61mg (1.56%)