



## Salt and Pepper Chicken Wings



Gluten Free



Dairy Free

READY IN



50 min.

SERVINGS



4

CALORIES



318 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

## Ingredients

- ☐ 4 servings spicy lime dipping sauce
- ☐ 4 servings canola oil for deep frying
- ☐ 9 chicken wings separated trimmed for stock
- ☐ 0.5 tbsp sea salt
- ☐ 0.3 cup cornstarch
- ☐ 1.5 teaspoons garlic toasted
- ☐ 4 servings bell pepper

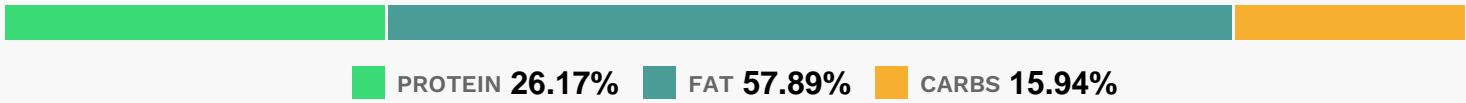
## Equipment

- ☐ bowl
- ☐ paper towels
- ☐ pot
- ☐ kitchen thermometer
- ☐ wok
- ☐ slotted spoon

## Directions

- ☐ Put wings in a shallow bowl, sprinkle evenly with 1/2 tbsp. salt, cover, and chill overnight.
- ☐ Drain wings, then dry with paper towels. Bring to room temperature.
- ☐ Pour oil to a depth of 2 in. into a wok or high-sided pot and heat over high heat to 375 on a deep-fry thermometer.
- ☐ Put cornstarch in a bowl and season with a pinch each of salt and pepper.
- ☐ Add wings and toss to coat, shaking off excess.
- ☐ Add wings to hot oil and fry 6 to 10 minutes, until deep golden brown and cooked through. Using a slotted spoon, transfer wings to paper towels to drain briefly.
- ☐ Transfer to a bowl and toss with toasted garlic and more salt and pepper.
- ☐ Serve with Spicy Lime Dipping Sauce.

## Nutrition Facts



## Properties

Glycemic Index:15.5, Glycemic Load:1.04, Inflammation Score:-9, Nutrition Score:16.210869592169%

## Flavonoids

Luteolin: 0.45mg, Luteolin: 0.45mg, Luteolin: 0.45mg, Luteolin: 0.45mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 0.19mg, Quercetin: 0.19mg, Quercetin: 0.19mg, Quercetin: 0.19mg

## Nutrients (% of daily need)

Calories: 318.06kcal (15.9%), Fat: 20.31g (31.24%), Saturated Fat: 5.1g (31.85%), Carbohydrates: 12.57g (4.19%), Net Carbohydrates: 10.91g (3.97%), Sugar: 3.47g (3.86%), Cholesterol: 83.26mg (27.75%), Sodium: 965.18mg (41.96%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 20.66g (41.32%), Vitamin C: 96.47mg (116.94%), Vitamin A: 2493.89IU (49.88%), Vitamin B3: 7.15mg (35.76%), Vitamin B6: 0.61mg (30.5%), Selenium: 17.23µg (24.62%), Phosphorus: 165.07mg (16.51%), Vitamin E: 2mg (13.34%), Zinc: 1.65mg (10.97%), Vitamin B5: 1.07mg (10.73%), Folate: 38.65µg (9.66%), Potassium: 333.14mg (9.52%), Vitamin B2: 0.16mg (9.43%), Iron: 1.42mg (7.88%), Magnesium: 29.08mg (7.27%), Fiber: 1.67g (6.68%), Manganese: 0.13mg (6.47%), Vitamin B1: 0.09mg (6.31%), Vitamin B12: 0.35µg (5.77%), Vitamin K: 5.68µg (5.41%), Copper: 0.07mg (3.29%), Calcium: 21.26mg (2.13%)