

Sesame-Coated Chicken Wings

 Dairy Free

READY IN



189 min.

SERVINGS



9

CALORIES



490 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 2.5 lb chicken wings split
- 0.5 cup grey poupon dijon mustard
- 2 eggs
- 0.8 cup flour
- 2 cloves garlic minced
- 0.5 tsp ground pepper black
- 2 cups planters peanut oil
- 2 cups sesame seed toasted

- 1 Tbsp lite soy sauce
- 2 Tbsp water

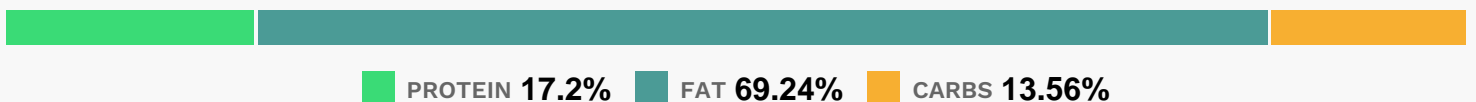
Equipment

- bowl
- frying pan
- baking sheet

Directions

- Mix mustard, soy sauce, garlic and pepper.
- Pour over chicken in shallow dish; turn to evenly coat both sides of each wing. Refrigerate 1 hour to marinate.
- Beat eggs and water in shallow bowl.
- Place flour, then sesame seed on separate large sheets of waxed paper. Dip chicken in flour, then egg mixture, then sesame seed, turning to evenly coat each wing with each.
- Place on rimmed baking sheet; cover with waxed paper. Refrigerate 1 hour.
- Heat oil in large skillet to 375F.
- Add chicken, in batches; cook 6 to 8 min. or until golden brown and done, turning after 4 min.

Nutrition Facts



Properties

Glycemic Index:24.33, Glycemic Load:7.24, Inflammation Score:-7, Nutrition Score:22.271304218665%

Flavonoids

Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

Nutrients (% of daily need)

Calories: 489.72kcal (24.49%), Fat: 38.53g (59.28%), Saturated Fat: 7.35g (45.93%), Carbohydrates: 16.97g (5.66%), Net Carbohydrates: 12.1g (4.4%), Sugar: 0.4g (0.45%), Cholesterol: 88.76mg (29.59%), Sodium: 331.62mg (14.42%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 21.54g (43.08%), Copper: 1.43mg (71.38%), Manganese:

1mg (49.95%), Selenium: 33.37µg (47.66%), Iron: 6.44mg (35.8%), Magnesium: 140.54mg (35.14%), Calcium: 351.12mg (35.11%), Phosphorus: 348.82mg (34.88%), Vitamin B3: 6.32mg (31.61%), Vitamin B1: 0.41mg (27.39%), Vitamin B6: 0.54mg (27.24%), Zinc: 3.79mg (25.3%), Fiber: 4.87g (19.47%), Folate: 60.08µg (15.02%), Vitamin B2: 0.25mg (14.79%), Vitamin E: 1.95mg (13.02%), Potassium: 315.92mg (9.03%), Vitamin B5: 0.79mg (7.88%), Vitamin B12: 0.3µg (5.08%), Vitamin A: 166.31IU (3.33%), Vitamin D: 0.26µg (1.76%)