



## Sesame Oil Chicken Wings

 **Gluten Free**  **Dairy Free**

READY IN



45 min.

SERVINGS



8

CALORIES



158 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- 2 pounds chicken wings
- 1 clove garlic crushed
- 1 green onion chopped
- 5 tablespoons soya sauce light
- 1 dash sesame oil
- 10 tablespoons soya sauce dark
- 1.3 cups water

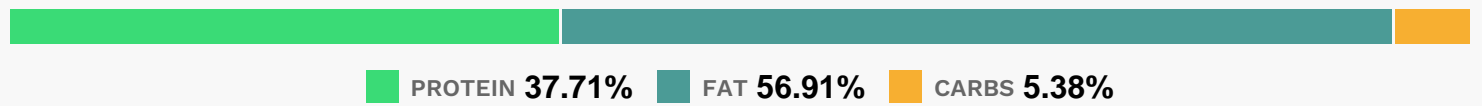
### Equipment

frying pan

## Directions

- Cut the chicken wings into 3 separate portions. In a large skillet, combine the chicken, water, dark soy sauce, light soy sauce, garlic and green onion. Stir together and cook for 15 minutes over medium heat.
- Add the 1/4 cup sesame oil and simmer for another 15 minutes over low heat. Bring mixture to a boil and add dash of sesame oil.
- Remove from heat, let cool and serve.

## Nutrition Facts



## Properties

Glycemic Index:11.5, Glycemic Load:0.3, Inflammation Score:-2, Nutrition Score:5.9495651994063%

## Flavonoids

Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.17mg, Quercetin: 0.17mg, Quercetin: 0.17mg, Quercetin: 0.17mg

## Nutrients (% of daily need)

Calories: 158.34kcal (7.92%), Fat: 9.94g (15.3%), Saturated Fat: 2.77g (17.29%), Carbohydrates: 2.11g (0.7%), Net Carbohydrates: 1.8g (0.65%), Sugar: 0.61g (0.68%), Cholesterol: 47.15mg (15.72%), Sodium: 1932.13mg (84.01%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 14.82g (29.65%), Vitamin B3: 4.97mg (24.86%), Vitamin B6: 0.29mg (14.37%), Selenium: 9.82µg (14.03%), Phosphorus: 125.83mg (12.58%), Manganese: 0.19mg (9.41%), Iron: 1.41mg (7.85%), Zinc: 0.97mg (6.49%), Magnesium: 25.29mg (6.32%), Vitamin B2: 0.11mg (6.28%), Vitamin B5: 0.6mg (5.99%), Potassium: 172.72mg (4.93%), Copper: 0.08mg (3.95%), Vitamin B1: 0.05mg (3.39%), Vitamin B12: 0.2µg (3.27%), Vitamin K: 3.13µg (2.98%), Folate: 9.5µg (2.37%), Vitamin A: 105IU (2.1%), Calcium: 16.97mg (1.7%), Vitamin E: 0.19mg (1.29%), Fiber: 0.32g (1.27%)