



Sesame Wings



Gluten Free



Dairy Free

READY IN



105 min.

SERVINGS



6

CALORIES



360 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 2 pounds chicken wings
- ☐ 1 teaspoon curry powder
- ☐ 3 cloves garlic crushed
- ☐ 6 servings ground pepper black to taste
- ☐ 0.5 cup honey
- ☐ 0.5 juice of lemon juiced
- ☐ 0.7 cup mustard prepared
- ☐ 0.5 cup sesame seed

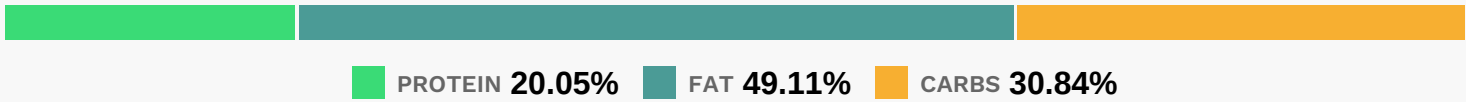
Equipment

- ☐ baking sheet
- ☐ oven
- ☐ ziploc bags

Directions

- ☐ Combine honey, mustard , lemon juice, curry powder, garlic, and pepper in a resealable plastic bag.
- ☐ Add chicken wings, and marinate at least 1 hour in refrigerator.
- ☐ Meanwhile, toast sesame seeds by placing on a cookie sheet in a 350 degree F (175 degrees C) oven for approximately 10 to 15 minutes, shaking to toss occasionally.
- ☐ Remove wings from marinade. Broil for 5 to 10 minutes on each side, or until well cooked. Baste with marinade every few minutes.
- ☐ Remove from oven, and sprinkle liberally with the sesame seeds.

Nutrition Facts



Properties

Glycemic Index:31.05, Glycemic Load:12.89, Inflammation Score:-4, Nutrition Score:13.020869542723%

Flavonoids

Eriodictyol: 0.12mg, Eriodictyol: 0.12mg, Eriodictyol: 0.12mg, Eriodictyol: 0.12mg Hesperetin: 0.36mg, Hesperetin: 0.36mg, Hesperetin: 0.36mg, Hesperetin: 0.36mg Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 0.04mg, Quercetin: 0.04mg, Quercetin: 0.04mg, Quercetin: 0.04mg

Nutrients (% of daily need)

Calories: 359.76kcal (17.99%), Fat: 20.25g (31.15%), Saturated Fat: 4.61g (28.8%), Carbohydrates: 28.6g (9.53%), Net Carbohydrates: 25.71g (9.35%), Sugar: 23.71g (26.35%), Cholesterol: 62.87mg (20.96%), Sodium: 366.91mg (15.95%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 18.6g (37.2%), Selenium: 26.87µg (38.38%), Copper: 0.58mg (29.17%), Vitamin B3: 5.62mg (28.09%), Manganese: 0.51mg (25.63%), Phosphorus: 221.22mg (22.12%), Vitamin B6: 0.43mg (21.71%), Magnesium: 73.96mg (18.49%), Iron: 3.29mg (18.27%), Calcium: 155.7mg (15.57%), Zinc:

2.33mg (15.51%), Vitamin B1: 0.19mg (12.99%), Fiber: 2.9g (11.58%), Vitamin B2: 0.13mg (7.93%), Vitamin B5: 0.75mg (7.47%), Potassium: 257.12mg (7.35%), Folate: 18.97µg (4.74%), Vitamin B12: 0.26µg (4.35%), Vitamin E: 0.45mg (3.02%), Vitamin A: 144.91IU (2.9%), Vitamin C: 2.3mg (2.78%)