



 5%
HEALTH SCORE

Shanghai Wings - Copycat Chili's

READY IN



60 min.

SERVINGS



4

CALORIES



868 kcal

SOUP

ANTIPASTI

STARTER

SNACK

Ingredients

- 2 tablespoons milk
- 0.3 teaspoon ground pepper
- 2 fillet chicken breast
- 1 tablespoon cornstarch
- 0.8 cup t brown sugar dark
- 1 eggs
- 1 cup flour all-purpose
- 2 tablespoons ginger fresh minced
- 1 teaspoon garlic minced

- 1 drop drop natural food coloring green
- 0.5 teaspoon pepper black
- 1 teaspoon horseradish prepared
- 1 tablespoon juice of lemon
- 2 tablespoons juice of lime
- 1 cup milk
- 0.3 teaspoon paprika
- 0.5 cup ranch dressing
- 0.3 teaspoon pepper red crushed
- 2 teaspoons salt
- 0.3 cup soya sauce
- 4 cups vegetable oil (as required by fryer)
- 0.5 teaspoon wasabi powder
- 1.3 cups water

Equipment

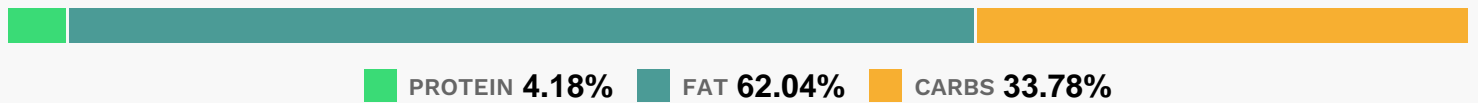
- bowl
- paper towels
- sauce pan
- whisk
- deep fryer

Directions

- Combine flour, salt, peppers and paprika in a medium bowl. In another small bowl, whisk together egg and milk. Slice each chicken breast into 6 pieces. Preheat 4 to 8 cups of canola oil (use the amount required by your fryer) in a deep fryer to 375 degrees. One or two at a time, dip each piece of chicken into the egg mixture, then into the breading blend; then repeat the process so that each piece of chicken is double-coated. When all chicken pieces have been breaded, arrange them on a plate and chill for 15 minutes. As the chicken is resting, make the ginger-citrus sauce by dissolving the corn starch in the water.

- Pour the water into a medium saucepan along with the rest of the sauce ingredients and bring the mixture to a boil over medium heat. When the sauce begins to bubble, reduce heat and simmer for 10 to 15 minutes or until thick.
- Remove the sauce from the heat and let it cool a bit. Make the wasabi-ranch dressing while your ginger-citrus sauce is simmering. Simply whisk together the ranch dressing, buttermilk, prepared horseradish, powdered wasabi, and green food coloring in a small bowl. Cover and chill this until the wings are done. When the chicken has rested and you're ready to cook, lower the boneless wings into the oil and fry for 5 to 6 minutes or until each piece is browned. Depending on the size of your fryer, you may want to fry the chicken in batches so that the chicken isn't too crowded in there. When chicken pieces are done frying, remove them to a draining rack or a plate lined with a couple paper towels. When all the chicken is fried, place the pieces into a covered container such as a large jar with a lid.
- Pour the ginger-citrus sauce over the chicken in the container, cover it up, and then gently shake everything around until each piece of chicken is coated with sauce.
- Pour the chicken onto a plate and serve the dish with wasabi-ranch dressing on the side.

Nutrition Facts



Properties

Glycemic Index: 81.25, Glycemic Load: 18.81, Inflammation Score: -6, Nutrition Score: 16.389999949414%

Flavonoids

Eriodictyol: 0.35mg, Eriodictyol: 0.35mg, Eriodictyol: 0.35mg, Eriodictyol: 0.35mg Hesperetin: 1.22mg, Hesperetin: 1.22mg, Hesperetin: 1.22mg, Hesperetin: 1.22mg Naringenin: 0.08mg, Naringenin: 0.08mg, Naringenin: 0.08mg, Naringenin: 0.08mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.07mg, Quercetin: 0.07mg, Quercetin: 0.07mg, Quercetin: 0.07mg

Nutrients (% of daily need)

Calories: 867.73kcal (43.39%), Fat: 60.64g (93.29%), Saturated Fat: 10.43g (65.21%), Carbohydrates: 74.29g (24.76%), Net Carbohydrates: 72.95g (26.53%), Sugar: 45.51g (50.57%), Cholesterol: 57.26mg (19.09%), Sodium: 2309.56mg (100.42%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 9.19g (18.39%), Vitamin K: 121.53µg (115.75%), Vitamin E: 4.56mg (30.39%), Selenium: 17.39µg (24.84%), Vitamin B2: 0.36mg (20.96%), Phosphorus: 208.03mg (20.8%), Vitamin B1: 0.31mg (20.55%), Manganese: 0.4mg (19.87%), Folate: 69.51µg (17.38%), Calcium: 149.69mg (14.97%), Iron: 2.53mg (14.07%), Vitamin B3: 2.7mg (13.52%), Vitamin B5: 0.95mg (9.51%), Potassium: 303.4mg (8.67%), Vitamin B12: 0.52µg (8.66%), Vitamin B6: 0.16mg (8.14%), Magnesium: 32.35mg (8.09%), Vitamin A: 338.04IU (6.76%), Vitamin D: 1µg (6.69%), Copper: 0.13mg (6.59%), Zinc: 0.84mg (5.6%), Vitamin C: 4.58mg

(5.55%), Fiber: 1.34g (5.36%)