



Smoked Jerk Chicken Wings with Honey-Tamarind Dipping Sauce

 Gluten Free  Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



585 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 0.3 cup brown sugar
- 0.3 cup canola oil
- 2 pounds chicken wings split
- 1 inch ginger thinly sliced
- 1 tablespoon ground allspice
- 2 teaspoons ground cascabel chile
- 2 teaspoons ground pepper black

- 0.3 cup r honey
- 0.3 cup catsup
- 2 teaspoons kosher salt
- 4 servings kosher salt and pepper black freshly ground
- 1 cup orange juice
- 1 tablespoon red wine vinegar
- 0.3 cup tamarind concentrate

Equipment

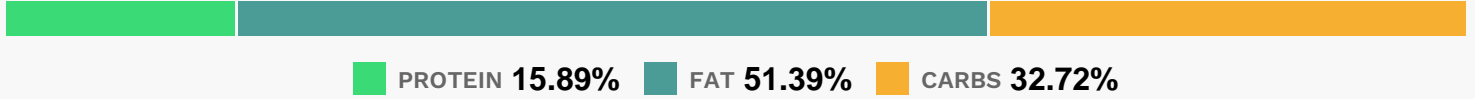
- bowl
- sauce pan
- whisk
- grill

Directions

- Watch how to make this recipe.
- Special equipment: 1 cup pimento wood chips, soaked for at least 2 hours in cold water
- Brush the chicken with canola oil.
- Combine the sugar, allspice, chile, black pepper and salt. Generously coat the chicken with the spice mix.
- Heat the grill to medium for indirect grilling.
- Add the chips to the coals or put in a smoke box and add to the grill.
- Place the chicken on the grill over medium heat, and cook until golden browned and crisp, about 5 minutes. Cover the grill. Grill until the chicken is brown and crisp and just cooked through, about 10 minutes.
- Remove from grill and place the chicken in a large bowl.
- Combine 1/2 cup water, the orange juice, honey, ketchup, tamarind and ginger in a small saucepan and bring to a boil. Reduce the heat to medium and cook until slightly thick, about 15 minutes.
- Remove from the heat and remove and discard the ginger. Season with salt and pepper.

- Whisk in the vinegar. Keep warm.
- Add the honey-tamarind dipping sauce to the bowl of chicken and toss to coat.
- Sprinkle with salt and transfer to a platter.

Nutrition Facts



Properties

Glycemic Index:65.82, Glycemic Load:15.48, Inflammation Score:-6, Nutrition Score:14.575217467287%

Flavonoids

Eriodictyol: 0.11mg, Eriodictyol: 0.11mg, Eriodictyol: 0.11mg, Eriodictyol: 0.11mg Hesperetin: 7.41mg, Hesperetin: 7.41mg, Hesperetin: 7.41mg, Hesperetin: 7.41mg Naringenin: 1.33mg, Naringenin: 1.33mg, Naringenin: 1.33mg, Naringenin: 1.33mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 0.28mg, Quercetin: 0.28mg, Quercetin: 0.28mg, Quercetin: 0.28mg

Nutrients (% of daily need)

Calories: 584.92kcal (29.25%), Fat: 34.06g (52.41%), Saturated Fat: 6.64g (41.48%), Carbohydrates: 48.8g (16.27%), Net Carbohydrates: 47.22g (17.17%), Sugar: 42.15g (46.84%), Cholesterol: 94.3mg (31.43%), Sodium: 1413.91mg (61.47%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 23.7g (47.4%), Vitamin C: 33.54mg (40.66%), Vitamin B3: 8.09mg (40.45%), Selenium: 19.9µg (28.42%), Vitamin B6: 0.52mg (26.15%), Vitamin E: 3.47mg (23.11%), Phosphorus: 193.3mg (19.33%), Manganese: 0.28mg (14.07%), Potassium: 492.35mg (14.07%), Vitamin A: 693.85IU (13.88%), Vitamin K: 13.56µg (12.92%), Zinc: 1.82mg (12.17%), Iron: 2.16mg (12%), Magnesium: 45.7mg (11.43%), Vitamin B5: 1.13mg (11.34%), Vitamin B2: 0.18mg (10.8%), Vitamin B1: 0.15mg (10.27%), Copper: 0.15mg (7.45%), Folate: 27.66µg (6.91%), Vitamin B12: 0.39µg (6.53%), Fiber: 1.58g (6.32%), Calcium: 61.31mg (6.13%)