



## Smoky Grilled Chicken Wings with Pickled Red Chiles, Dates and Fresh Mint

 Gluten Free  Dairy Free

READY IN



105 min.

SERVINGS



6

CALORIES



755 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- 6 servings canola oil for grilling
- 5 pounds chicken wings separated
- 1 fresno chile halved lengthwise finely sliced
- 0.3 cup lightly cilantro leaves fresh packed chopped
- 4 cloves garlic peeled smashed
- 1 piece ginger peeled smashed
- 1 tablespoon honey

- 0.3 cup kosher salt
- 6 servings kosher salt and freshly cracked pepper black
- 1 cup medjool dates diced split finely ( 10 pieces)
- 0.3 cup lightly mint leaves fresh packed chopped
- 0.5 cup rice wine vinegar
- 4 to 5 scallions
- 2 tablespoons sesame oil toasted
- 3 tablespoons paprika smoked
- 1 tablespoon soya sauce
- 0.3 cup sugar

## Equipment

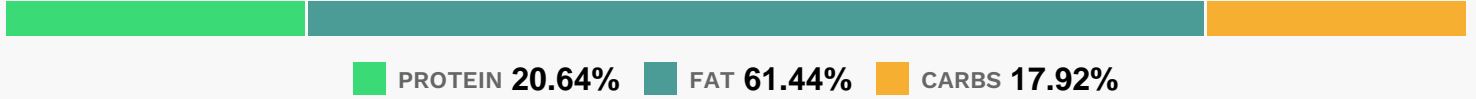
- bowl
- paper towels
- grill
- kitchen towels

## Directions

- Begin by making the brine: In a large bowl, combine 6 cups water, the salt, honey, garlic and ginger. Stir until the salt is dissolved, and then add the wings. Cover and leave in the refrigerator for 1 to 2 hours.
- Prepare the quick pickle mixture: In a large bowl, combine the rice wine vinegar, sugar and soy. Stir well until the sugar dissolves.
- Add the dates, scallions and chile to the mixture. Set aside while you cook the wings. Once the wings have brined, drain and set out on kitchen towels to dry well.
- Preheat an outdoor grill and wipe down the grates with an oil-blotted paper towel. This not only cleans the grill but creates a nonstick surface.
- Sprinkle the wings with salt and pepper, and then lightly toss in a mixture of smoked paprika and sesame oil.

- Place the wings on the grill and cook for 17 to 20 minutes, turning halfway through, so they brown evenly all over and cook through.
- When done, remove the wings to a large bowl.
- Add the chopped herbs to the pickled date mixture, toss to combine and add to the bowl with the wings. Toss to coat evenly, and then transfer to a serving platter and serve.

## Nutrition Facts



### Properties

Glycemic Index:59.39, Glycemic Load:8.03, Inflammation Score:-9, Nutrition Score:21.718260905017%

### Flavonoids

Eriodictyol: 0.58mg, Eriodictyol: 0.58mg, Eriodictyol: 0.58mg, Eriodictyol: 0.58mg Hesperetin: 0.19mg, Hesperetin: 0.19mg, Hesperetin: 0.19mg, Hesperetin: 0.19mg Apigenin: 0.1mg, Apigenin: 0.1mg, Apigenin: 0.1mg, Apigenin: 0.1mg Luteolin: 0.24mg, Luteolin: 0.24mg, Luteolin: 0.24mg, Luteolin: 0.24mg Kaempferol: 0.11mg, Kaempferol: 0.11mg, Kaempferol: 0.11mg, Kaempferol: 0.11mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 1.24mg, Quercetin: 1.24mg, Quercetin: 1.24mg, Quercetin: 1.24mg

### Nutrients (% of daily need)

Calories: 755.17kcal (37.76%), Fat: 51.87g (79.8%), Saturated Fat: 10.93g (68.3%), Carbohydrates: 34.04g (11.35%), Net Carbohydrates: 30.59g (11.12%), Sugar: 28.53g (31.7%), Cholesterol: 157.17mg (52.39%), Sodium: 5232.54mg (227.5%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 39.2g (78.4%), Vitamin B3: 13.16mg (65.81%), Vitamin A: 2336.42IU (46.73%), Vitamin B6: 0.93mg (46.5%), Selenium: 32.46µg (46.38%), Vitamin K: 33.8µg (32.19%), Phosphorus: 311.83mg (31.18%), Vitamin E: 4.26mg (28.42%), Zinc: 3.11mg (20.75%), Vitamin B5: 1.91mg (19.08%), Iron: 3.38mg (18.79%), Potassium: 651.76mg (18.62%), Vitamin C: 15.22mg (18.45%), Magnesium: 63.81mg (15.95%), Vitamin B2: 0.27mg (15.67%), Manganese: 0.3mg (14.76%), Fiber: 3.45g (13.79%), Copper: 0.24mg (12.05%), Vitamin B12: 0.65µg (10.89%), Vitamin B1: 0.14mg (9.31%), Calcium: 69.02mg (6.9%), Folate: 23.75µg (5.94%), Vitamin D: 0.2µg (1.36%)