



Spicy Asian Barbecued Chicken Wings

 Dairy Free

READY IN



110 min.

SERVINGS



14

CALORIES



163 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 3 lb chicken drummettes frozen thawed
- 2 tablespoons butter melted
- 0.3 cup flour all-purpose
- 0.3 cup hoisin sauce
- 2 tablespoons sriracha
- 1 tablespoon butter melted

Equipment

- bowl

- paper towels
- oven
- baking pan
- slotted spoon
- slow cooker

Directions

- Heat oven to 450°F. With paper towels, pat excess moisture from thawed drummettes. In large bowl, place drummettes.
- Drizzle with 2 tablespoons melted butter.
- Sprinkle with flour; toss to mix. (
- Mixture will be crumbly.)
- Transfer mixture to ungreased 15x10x1-inch baking pan, arranging drummettes in single layer.
- Bake for 40 to 45 minutes or until crisp and brown.
- With slotted spoon, transfer browned drummettes to 4 to 6-quart slow cooker. In small bowl, combine all sauce ingredients; mix well.
- Pour sauce over drummettes; toss lightly to coat with sauce.
- Cover; cook on low setting for 1 to 2 hours.

Nutrition Facts



Properties

Glycemic Index:5.36, Glycemic Load:1.23, Inflammation Score:-2, Nutrition Score:3.8760869571048%

Nutrients (% of daily need)

Calories: 163.44kcal (8.17%), Fat: 11.04g (16.99%), Saturated Fat: 2.89g (18.08%), Carbohydrates: 5.18g (1.73%), Net Carbohydrates: 4.84g (1.76%), Sugar: 2.21g (2.46%), Cholesterol: 40.61mg (13.54%), Sodium: 292.04mg (12.7%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 10.1g (20.19%), Vitamin B3: 3.32mg (16.6%), Selenium: 9.01µg (12.87%), Vitamin B6: 0.19mg (9.45%), Phosphorus: 74.87mg (7.49%), Zinc: 0.73mg (4.9%), Vitamin B2: 0.07mg (4.27%), Vitamin B5: 0.42mg (4.19%), Iron: 0.67mg (3.71%), Vitamin A: 184.86IU (3.7%), Magnesium: 11.6mg (2.9%), Vitamin B1: 0.04mg (2.89%), Vitamin B12: 0.17µg (2.85%), Potassium: 93.32mg (2.67%), Manganese: 0.04mg

(2.07%), Folate: 7.72µg (1.93%), Vitamin E: 0.27mg (1.8%), Copper: 0.03mg (1.66%), Fiber: 0.34g (1.37%)