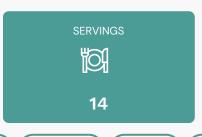


# **Spicy Asian Barbecued Chicken Wings**

airy Free







ANTIPASTI

STARTER

SNACK

**APPETIZER** 

## **Ingredients**

	3 lb chicken	drur	nmette	s fr	ozen '	thawed	k
	0						

z tablespoons butter	meite

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			
Di	rections			
	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				
	PROTEIN 25.16% FAT 61.92% CARBS 12.92%			

#### **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: Og (100%), Alcohol %: O% (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%)