

Spicy Asian Chicken Wings

 **Gluten Free**  **Dairy Free**

READY IN



30 min.

SERVINGS



30

CALORIES



78 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 1.5 cups original barbecue sauce divided kraft
- 1 cup canola oil
- 1.5 lb chicken wings split
- 2 tsp chili oil hot
- 0.3 cup cornstarch
- 14.5 oz chicken broth fat-free reduced-sodium canned
- 1.5 tsp garlic minced
- 2 green onions chopped

- 3 Tbsp hoisin sauce
- 3 Tbsp oyster sauce
- 2 tsp sesame seed

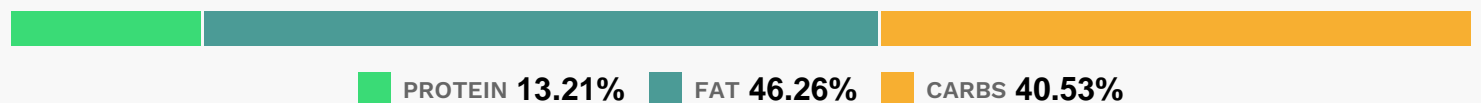
Equipment

- bowl
- frying pan
- sauce pan
- dutch oven

Directions

- Heat oil in small saucepan.
- Add garlic; cook 1 and stir 1 min. Stir in 1/2 cup barbecue sauce, oyster sauce and hoisin sauce. Bring to boil, stirring frequently. Simmer on medium-low heat 5 min., stirring occasionally.
- Remove from heat. Reserve for tossing with the cooked wings.
- Bring chicken broth and remaining barbecue sauce to boil in Dutch oven or large deep skillet.
- Add wings; simmer 10 min., stirring occasionally.
- Drain; discard liquid.
- Heat oil to 350F in large saucepan. Toss chicken with cornstarch; gently shake off excess cornstarch. Carefully add chicken, in batches, to hot oil; cook 8 to 10 min. or until done, turning after 5 min.
- Place wings in large bowl.
- Add reserved barbecue sauce mixture; toss to evenly coat wings.
- Place on platter; sprinkle with onions and sesame seed.

Nutrition Facts



Properties

Glycemic Index:3.23, Glycemic Load:0.03, Inflammation Score:-1, Nutrition Score:1.6704347684332%

Flavonoids

Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Quercetin: 0.09mg, Quercetin: 0.09mg, Quercetin: 0.09mg, Quercetin: 0.09mg

Nutrients (% of daily need)

Calories: 77.92kcal (3.9%), Fat: 3.99g (6.14%), Saturated Fat: 0.73g (4.54%), Carbohydrates: 7.87g (2.62%), Net Carbohydrates: 7.64g (2.78%), Sugar: 5.23g (5.81%), Cholesterol: 9.48mg (3.16%), Sodium: 287.6mg (12.5%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.56g (5.13%), Vitamin B3: 0.94mg (4.72%), Selenium: 2.59µg (3.71%), Vitamin E: 0.47mg (3.1%), Vitamin K: 3.17µg (3.02%), Vitamin B6: 0.06mg (3%), Phosphorus: 23.02mg (2.3%), Potassium: 62.7mg (1.79%), Manganese: 0.03mg (1.71%), Vitamin B2: 0.03mg (1.68%), Iron: 0.29mg (1.59%), Copper: 0.03mg (1.48%), Zinc: 0.21mg (1.42%), Vitamin B5: 0.14mg (1.37%), Magnesium: 5.35mg (1.34%), Vitamin B12: 0.07µg (1.23%), Vitamin A: 58.13IU (1.16%)