



Spicy Asian Fried Chicken Wings

 Dairy Free

READY IN



80 min.

SERVINGS



4

CALORIES



966 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 4 servings canola oil for deep frying
- ☐ 3 pounds chicken wings fresh with 2 bones cut into drumette and middle "flat"
- ☐ 1 cup cornstarch
- ☐ 1 cup flour all-purpose
- ☐ 1 tablespoon garlic powder
- ☐ 2 tablespoons garlic powder
- ☐ 1 tablespoon ground ginger
- ☐ 2 tablespoons honey

- ☐ 2 teaspoons kosher salt
- ☐ 4 servings kosher salt and pepper black freshly ground
- ☐ 1 tablespoon brown sugar light
- ☐ 3 tablespoons soya sauce low-sodium
- ☐ 3 tablespoons mirin
- ☐ 0.5 cup miso paste dark
- ☐ 0.5 cup miso paste white
- ☐ 1.5 tablespoons seasoned rice wine vinegar
- ☐ 2 tablespoons sesame oil
- ☐ 1 tablespoon sambal chili-garlic paste

Equipment

- ☐ baking sheet
- ☐ paper towels
- ☐ sauce pan
- ☐ oven
- ☐ mixing bowl
- ☐ wire rack
- ☐ pot

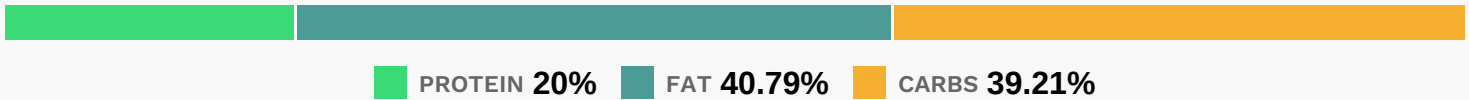
Directions

- ☐ Watch how to make this recipe.
- ☐ Preheat the oven to 350 degrees F.
- ☐ Sprinkle the wings with salt and pepper and place onto a baking sheet.
- ☐ Place into the oven and roast until crispy and the fat has rendered out, 35 to 40 minutes.
- ☐ Remove from the oven and cool.
- ☐ For the glaze: In a small saucepan, combine the dark miso paste, white miso paste, 1/4 cup lukewarm water, mirin, soy sauce, sesame oil, rice wine vinegar, garlic powder, brown sugar and 1 tablespoon sambal. Bring the mixture to a simmer and cook until reduced and the sauce

has slightly thickened, 5 to 7 minutes.

- ☐ Remove from the heat, add the honey and stir well.
- ☐ Heat a large, heavy-based pot with 3 to 4 inches of peanut oil to 350 degrees F for deep frying.
- ☐ Wash the wings under cold running water, and then drain and pat dry with some paper towels. In a large mixing bowl, mix the cornstarch, flour, garlic powder, salt and ground ginger together. Then lightly dredge the wings in the mixture. Shake off any excess, and then fry the wings, in batches, until lightly golden, 5 to 6 minutes.
- ☐ Drain and set aside on a wire rack.
- ☐ Toss the wings with the glaze and serve.

Nutrition Facts



Properties

Glycemic Index:92.82, Glycemic Load:30.7, Inflammation Score:-6, Nutrition Score:26.88086988615%

Flavonoids

Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg Quercetin: 0.07mg, Quercetin: 0.07mg, Quercetin: 0.07mg, Quercetin: 0.07mg

Nutrients (% of daily need)

Calories: 966.12kcal (48.31%), Fat: 43.75g (67.3%), Saturated Fat: 10.24g (63.99%), Carbohydrates: 94.6g (31.53%), Net Carbohydrates: 88.83g (32.3%), Sugar: 19.17g (21.3%), Cholesterol: 141.45mg (47.15%), Sodium: 4400.24mg (191.31%), Alcohol: 1.27g (100%), Alcohol %: 0.41% (100%), Protein: 48.26g (96.52%), Manganese: 1.47mg (73.58%), Vitamin B3: 13.7mg (68.51%), Selenium: 47.66µg (68.08%), Vitamin B6: 0.97mg (48.52%), Phosphorus: 443.25mg (44.32%), Iron: 5.96mg (33.09%), Zinc: 4.83mg (32.22%), Vitamin B2: 0.52mg (30.82%), Vitamin B1: 0.44mg (29.33%), Copper: 0.49mg (24.4%), Fiber: 5.77g (23.08%), Magnesium: 91.16mg (22.79%), Vitamin K: 23.45µg (22.33%), Folate: 86.23µg (21.56%), Vitamin B5: 1.9mg (19%), Potassium: 621.85mg (17.77%), Vitamin B12: 0.64µg (10.71%), Calcium: 87.76mg (8.78%), Vitamin E: 1.26mg (8.39%), Vitamin A: 331.12IU (6.62%), Vitamin C: 2.59mg (3.14%), Vitamin D: 0.18µg (1.22%)