



Spicy Chinese Five-Spice Rubbed Chicken Wings with Creamy Cilantro Dipping Sauce

 Gluten Free

READY IN



45 min.

SERVINGS



40

CALORIES



121 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 2 tablespoons five- spice powder chinese
- ☐ 3 teaspoons cayenne pepper
- ☐ 40 chicken wing pieces whole
- ☐ 0.3 cup cilantro leaves fresh chopped
- ☐ 0.5 juice of lemon juiced
- ☐ 40 servings kosher salt and pepper black freshly ground
- ☐ 0.3 cup mayonnaise

- ☐ 0.3 cup cup heavy whipping cream light sour
- ☐ 0.3 cup yogurt

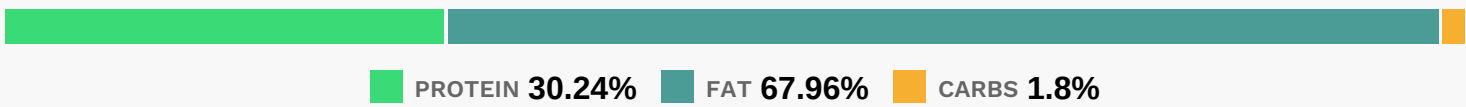
Equipment

- ☐ bowl
- ☐ baking sheet
- ☐ oven
- ☐ whisk
- ☐ mixing bowl

Directions

- ☐ Preheat your oven to 500 degrees F.
- ☐ If you have whole chicken wings, cut off wingtips and cut the wings in half at the joint. Discard wingtips or freeze to make stock at a later time.
- ☐ Place the wings in a large bowl.
- ☐ Sprinkle five-spice powder and cayenne on the wings, add a few pinches of salt and about 15 grinds of black pepper. Rub the mixture into all the wings until no more loose rub remains. Wash your hands.
- ☐ Line the wing pieces up on a baking sheet so the side of the wing that has the most skin is facing up. Roast until cooked through, browned and crispy, about 25 minutes.
- ☐ Serve hot with Creamy Cilantro Dipping Sauce.
- ☐ Combine ingredients in mixing bowl.
- ☐ Whisk ingredients to incorporate them fully and season with salt and pepper, to taste.

Nutrition Facts



Properties

Glycemic Index:4.25, Glycemic Load:0.05, Inflammation Score:-1, Nutrition Score:3.4491304599721%

Flavonoids

Eriodictyol: 0.02mg, Eriodictyol: 0.02mg, Eriodictyol: 0.02mg, Eriodictyol: 0.02mg Hesperetin: 0.05mg, Hesperetin: 0.05mg, Hesperetin: 0.05mg, Hesperetin: 0.05mg Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg Quercetin: 0.07mg, Quercetin: 0.07mg, Quercetin: 0.07mg, Quercetin: 0.07mg

Nutrients (% of daily need)

Calories: 121.12kcal (6.06%), Fat: 9.01g (13.86%), Saturated Fat: 2.45g (15.33%), Carbohydrates: 0.54g (0.18%), Net Carbohydrates: 0.41g (0.15%), Sugar: 0.11g (0.12%), Cholesterol: 38.3mg (12.77%), Sodium: 46.06mg (2%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 9.02g (18.04%), Vitamin B3: 2.88mg (14.38%), Selenium: 7.6µg (10.85%), Vitamin B6: 0.18mg (8.79%), Phosphorus: 68.44mg (6.84%), Zinc: 0.68mg (4.55%), Vitamin B5: 0.38mg (3.82%), Iron: 0.61mg (3.42%), Vitamin A: 150.86IU (3.02%), Vitamin B2: 0.05mg (2.9%), Vitamin K: 2.99µg (2.85%), Vitamin B12: 0.17µg (2.79%), Potassium: 91.15mg (2.6%), Magnesium: 10.04mg (2.51%), Vitamin B1: 0.03mg (1.75%), Manganese: 0.03mg (1.66%), Vitamin E: 0.25mg (1.63%), Copper: 0.03mg (1.29%), Calcium: 12.8mg (1.28%)