



Spicy Garlic Hot Wings



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



16

CALORIES



170 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 4 pound chicken wing drumettes
- ☐ 2 tablespoons chili oil hot
- ☐ 0.5 cup cilantro leaves chopped
- ☐ 1 teaspoon cornstarch
- ☐ 2 tablespoons ginger fresh minced
- ☐ 4 cloves garlic or minced pressed
- ☐ 2 green onions minced (including tops)
- ☐ 3 tablespoons kikkoman rice vinegar

- ☐ 1 tablespoon sesame oil
- ☐ 0.3 cup kikkoman soy sauce
- ☐ 1.5 tablespoons sugar
- ☐ 0.3 cup water

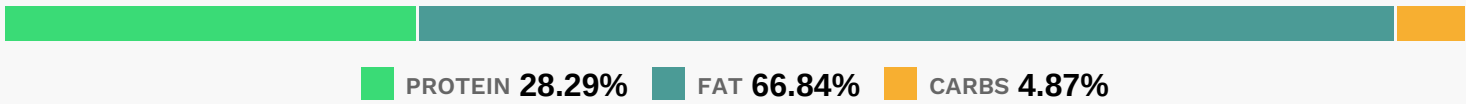
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ baking sheet
- ☐ sauce pan
- ☐ oven

Directions

- ☐ Heat over to 400 degrees F.
- ☐ Bake chicken wings on a nonstick baking sheet for 20 minutes, drain liquid. Turn wings over and bake for an additional 25 minutes until done and lightly browned.
- ☐ In the meantime put hot chili oil in a small saute pan.
- ☐ Add ginger, garlic, and green onions.
- ☐ Saute for 3 minutes, turn saute pan heat down to low and add in the rice vinegar, sugar, sesame oil, and cilantro. Stir well to combine.
- ☐ In a small bowl mix cornstarch and water, pour into sauce pan with vegetable. Stir together and heat until it thickens, about 5 minutes.
- ☐ Place cooked wings in a large bowl, toss with the thickened sauce.

Nutrition Facts



Properties

Glycemic Index:15.26, Glycemic Load:0.94, Inflammation Score:-2, Nutrition Score:4.6034781945788%

Flavonoids

Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.44mg, Quercetin: 0.44mg, Quercetin: 0.44mg, Quercetin: 0.44mg

Nutrients (% of daily need)

Calories: 169.81kcal (8.49%), Fat: 12.43g (19.12%), Saturated Fat: 3.11g (19.45%), Carbohydrates: 2.04g (0.68%), Net Carbohydrates: 1.91g (0.69%), Sugar: 1.27g (1.41%), Cholesterol: 47.15mg (15.72%), Sodium: 315.71mg (13.73%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 11.83g (23.67%), Vitamin B3: 3.85mg (19.22%), Selenium: 9.68µg (13.83%), Vitamin B6: 0.24mg (11.82%), Phosphorus: 89.49mg (8.95%), Zinc: 0.86mg (5.71%), Vitamin K: 5.84µg (5.56%), Vitamin B5: 0.5mg (4.97%), Iron: 0.76mg (4.21%), Vitamin B2: 0.06mg (3.8%), Magnesium: 14.02mg (3.51%), Potassium: 119.26mg (3.41%), Vitamin B12: 0.2µg (3.27%), Vitamin E: 0.47mg (3.14%), Manganese: 0.06mg (2.8%), Vitamin A: 138.78IU (2.78%), Vitamin B1: 0.04mg (2.34%), Copper: 0.04mg (1.96%), Vitamin C: 1.12mg (1.36%), Folate: 4.71µg (1.18%), Calcium: 11.55mg (1.15%)