



Spicy Ginger Chicken Wings

 Dairy Free

READY IN



65 min.

SERVINGS



8

CALORIES



605 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 0.5 cup apple cider vinegar
- 1 cup brown sugar
- 3 pounds chicken wings
- 2 eggs beaten
- 1 cup flour all-purpose
- 2 tablespoons ginger fresh grated
- 1 cup butter
- 0.5 teaspoon salt

- 2 tablespoons sesame seed toasted
- 3 tablespoons soya sauce
- 3 tablespoons water

Equipment

- bowl
- frying pan
- paper towels
- sauce pan
- oven
- baking pan
- slotted spoon

Directions

- Preheat an oven to 350 degrees F (175 degrees C).
- Blot chicken wings dry with a paper towel.
- Beat the eggs in a bowl, and place the flour in another bowl. Dip chicken wings into the egg, then into the flour to lightly coat, shaking off the excess.
- Melt the margarine in a large skillet over medium high heat.
- Pan fry the chicken wings until well browned on all sides, about 10 minutes.
- Meanwhile, gently boil the cider vinegar, soy sauce, water, brown sugar, monosodium glutamate, salt, serrano chile peppers, and ginger in a saucepan over medium heat until thickened, 5 to 7 minutes.
- Toss the browned chicken wings in the sauce to coat, then transfer the wings to large baking dish with a slotted spoon. Reserve remaining sauce.
- Bake in the preheated oven until the chicken is no longer pink in the center, about 30 minutes, rotating and basting with the reserved sauce after 15 minutes.
- Sprinkle sesame seeds on the chicken wings before serving.

Nutrition Facts



■ PROTEIN 14.04% ■ FAT 59.14% ■ CARBS 26.82%

Properties

Glycemic Index:22.5, Glycemic Load:8.85, Inflammation Score:-7, Nutrition Score:11.798695710042%

Nutrients (% of daily need)

Calories: 605.08kcal (30.25%), Fat: 39.72g (61.11%), Saturated Fat: 9.37g (58.53%), Carbohydrates: 40.53g (13.51%), Net Carbohydrates: 39.78g (14.47%), Sugar: 26.97g (29.96%), Cholesterol: 111.65mg (37.22%), Sodium: 882.13mg (38.35%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 21.22g (42.44%), Selenium: 24.01µg (34.3%), Vitamin B3: 6.78mg (33.9%), Vitamin A: 1209.58IU (24.19%), Vitamin B6: 0.39mg (19.65%), Phosphorus: 190.67mg (19.07%), Vitamin B2: 0.23mg (13.8%), Iron: 2.48mg (13.77%), Manganese: 0.27mg (13.41%), Vitamin B1: 0.19mg (12.95%), Zinc: 1.68mg (11.19%), Folate: 41.34µg (10.34%), Vitamin B5: 1.03mg (10.31%), Magnesium: 35.9mg (8.97%), Copper: 0.18mg (8.9%), Vitamin E: 1.29mg (8.6%), Potassium: 265.55mg (7.59%), Calcium: 73.3mg (7.33%), Vitamin B12: 0.42µg (7%), Fiber: 0.75g (2.99%), Vitamin D: 0.31µg (2.08%)