



## Spicy Ginger Chicken Wings

 Dairy Free

READY IN



65 min.

SERVINGS



8

CALORIES



606 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

- ☐ 3 serrano chile peppers minced
- ☐ 2 tablespoons sesame seed toasted
- ☐ 3 tablespoons soya sauce
- ☐ 3 tablespoons water
- ☐ 1 teaspoon monosodium glutamate (MSG)
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## Equipment

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

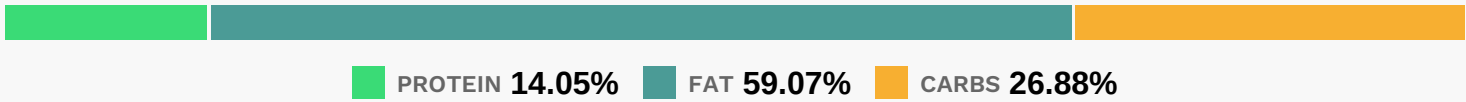
## Directions

- ☐ 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.

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Sprinkle sesame seeds on the chicken wings before serving.

# Nutrition Facts



## Properties

Glycemic Index:22.5, Glycemic Load:8.85, Inflammation Score:-7, Nutrition Score:11.989130563062%

## Flavonoids

Luteolin: 0.09mg, Luteolin: 0.09mg, Luteolin: 0.09mg, Luteolin: 0.09mg Quercetin: 0.36mg, Quercetin: 0.36mg, Quercetin: 0.36mg, Quercetin: 0.36mg

## Nutrients (% of daily need)

Calories: 605.8kcal (30.29%), Fat: 39.73g (61.13%), Saturated Fat: 9.37g (58.54%), Carbohydrates: 40.68g (13.56%), Net Carbohydrates: 39.85g (14.49%), Sugar: 27.05g (30.06%), Cholesterol: 111.65mg (37.22%), Sodium: 882.36mg (38.36%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 21.26g (42.52%), Selenium: 24.02µg (34.31%), Vitamin B3: 6.82mg (34.08%), Vitamin A: 1230.66IU (24.61%), Vitamin B6: 0.4mg (20.22%), Phosphorus: 191.57mg (19.16%), Vitamin B2: 0.24mg (13.91%), Iron: 2.5mg (13.88%), Manganese: 0.27mg (13.62%), Vitamin B1: 0.2mg (13.03%), Zinc: 1.68mg (11.23%), Folate: 41.86µg (10.47%), Vitamin B5: 1.04mg (10.35%), Magnesium: 36.39mg (9.1%), Copper: 0.18mg (9.04%), Vitamin E: 1.31mg (8.7%), Potassium: 272.41mg (7.78%), Calcium: 73.55mg (7.35%), Vitamin B12: 0.42µg (7%), Fiber: 0.83g (3.32%), Vitamin C: 1.8mg (2.18%), Vitamin D: 0.31µg (2.08%)