



Spicy Middle Eastern Chicken Wings



Dairy Free



Popular

READY IN



1485 min.

SERVINGS



25

CALORIES



127 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 0.5 tsp allspice
- ☐ 0.5 tsp ground pepper for mild, 3/4 tsp for medium, 1 tsp for spicy, 1 1/4 tsp for fiery
- ☐ 25 large chicken wings (2 lbs of wings)
- ☐ 2 tsp cumin
- ☐ 1 bag sheets deep dish pie crust
- ☐ 0.3 cup olive oil extra virgin
- ☐ 1 tsp paprika
- ☐ 0.3 tsp pepper

- ☐ 1 tsp salt to taste ()
- ☐ 0.8 tsp turmeric

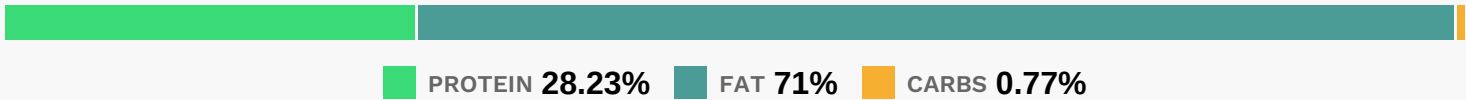
Equipment

- ☐ baking sheet
- ☐ kitchen scissors

Directions

- ☐ Save Recipe
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- ☐ Spicy Middle Eastern Chicken Wings
- ☐ Ingredients25 large chicken wings (about 2 lbs of wings)1/4 cup extra virgin olive oil2 tsp cumin1 tsp paprika1 tsp cayenne pepper (1/2 tsp for mild, 3/4 tsp for medium, 1 tsp for spicy, 1 1/4 tsp for fiery)3/4 tsp turmeric1/2 tsp allspice1 tsp salt (or more to taste)1/4 tsp pepper1 1/2 cups tahini sauce – recipe can be found here
- ☐ You will also needplastic zipper bag or marinating dish, 1–2 baking sheets, kitchen scissors
- ☐ Prep Time: 6 – 24 Hours
- ☐ Cook Time: 45 Minutes
- ☐ Servings: 25 chicken wings (50 pieces)
- ☐ Kosher Key: Meat

Nutrition Facts



Properties

Glycemic Index:4.16, Glycemic Load:0.02, Inflammation Score:-5, Nutrition Score:3.2917391048825%

Nutrients (% of daily need)

Calories: 127.33kcal (6.37%), Fat: 9.91g (15.25%), Saturated Fat: 2.46g (15.4%), Carbohydrates: 0.24g (0.08%), Net Carbohydrates: 0.16g (0.06%), Sugar: 0.02g (0.02%), Cholesterol: 37.01mg (12.34%), Sodium: 128.69mg (5.6%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 8.87g (17.73%), Vitamin B3: 2.87mg (14.37%), Selenium: 7.47µg

(10.68%), Vitamin B6: 0.17mg (8.66%), Phosphorus: 64.91mg (6.49%), Zinc: 0.66mg (4.37%), Vitamin B5: 0.37mg (3.71%), Iron: 0.63mg (3.5%), Vitamin E: 0.5mg (3.34%), Vitamin A: 133.29IU (2.67%), Vitamin B2: 0.04mg (2.62%), Vitamin B12: 0.15µg (2.56%), Magnesium: 9.68mg (2.42%), Potassium: 83.06mg (2.37%), Vitamin B1: 0.02mg (1.65%), Vitamin K: 1.46µg (1.39%), Manganese: 0.03mg (1.27%), Copper: 0.02mg (1.14%)