

Spicy PBJ Wings



Gluten Free



Dairy Free

READY IN



65 min.

SERVINGS



8

CALORIES



450 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 pinch cayenne pepper to taste
- ☐ 5 pounds chicken wings
- ☐ 1 dash sriracha to taste sriracha® (such as)
- ☐ 2 tablespoons fish sauce
- ☐ 4 cloves garlic crushed
- ☐ 1 teaspoon ground pepper black
- ☐ 0.3 cup jalapeño pepper jelly
- ☐ 1 tablespoon kosher salt

- ☐ 0.3 cup peanut butter
- ☐ 0.3 cup potato flakes instant mashed
- ☐ 0.5 teaspoon pepper flakes red
- ☐ 0.3 cup seasoned rice vinegar
- ☐ 1 tablespoon sesame oil toasted
- ☐ 2 tablespoons soya sauce
- ☐ 2 tablespoons vegetable oil

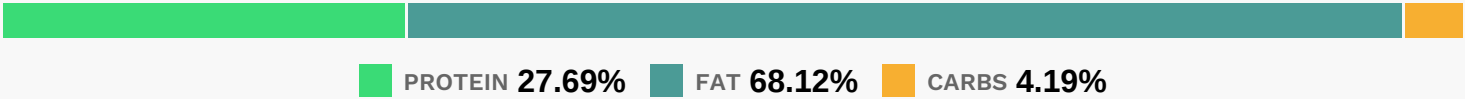
Equipment

- ☐ bowl
- ☐ baking sheet
- ☐ baking paper
- ☐ oven
- ☐ whisk
- ☐ tongs

Directions

- ☐ Preheat oven to 425 degrees F (220 degrees C). Line a baking sheet with parchment paper or a silicone baking mat.
- ☐ Whisk peanut butter, pepper jelly, rice vinegar, soy sauce, fish sauce, sesame oil, garlic, red pepper flakes, and chili garlic sauce in a large bowl. Set aside.
- ☐ Whisk mashed potato flakes, vegetable oil, kosher salt, black pepper, and cayenne pepper in a large shallow bowl.
- ☐ Add chicken wings and toss to coat.
- ☐ Place coated chicken wings in a single layer on the prepared baking sheet.
- ☐ Bake in the preheated oven for 30 minutes.
- ☐ Remove from oven, turn wings over using tongs, and return to oven.
- ☐ Bake for 20 minutes.
- ☐ Transfer chicken wings to the peanut pepper jelly mixture; toss to coat. Return chicken wings to baking sheet and bake in the oven for 5 minutes.

Nutrition Facts



Properties

Glycemic Index:25.63, Glycemic Load:0.44, Inflammation Score:-4, Nutrition Score:12.871739169826%

Flavonoids

Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 0.17mg, Quercetin: 0.17mg, Quercetin: 0.17mg, Quercetin: 0.17mg

Nutrients (% of daily need)

Calories: 450.08kcal (22.5%), Fat: 33.78g (51.96%), Saturated Fat: 8.45g (52.84%), Carbohydrates: 4.67g (1.56%), Net Carbohydrates: 3.9g (1.42%), Sugar: 1.32g (1.46%), Cholesterol: 117.88mg (39.29%), Sodium: 1633.71mg (71.03%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 30.9g (61.79%), Vitamin B3: 10.61mg (53.04%), Selenium: 25.06µg (35.8%), Vitamin B6: 0.65mg (32.32%), Phosphorus: 242.65mg (24.26%), Zinc: 2.32mg (15.44%), Vitamin B5: 1.34mg (13.42%), Magnesium: 53.63mg (13.41%), Manganese: 0.25mg (12.52%), Vitamin E: 1.65mg (11.02%), Iron: 1.85mg (10.27%), Potassium: 346.72mg (9.91%), Vitamin B2: 0.17mg (9.82%), Vitamin B12: 0.51µg (8.52%), Vitamin C: 6.43mg (7.79%), Vitamin B1: 0.11mg (7.41%), Vitamin K: 7.78µg (7.4%), Vitamin A: 299.87IU (6%), Copper: 0.12mg (5.98%), Folate: 17.92µg (4.48%), Calcium: 31.27mg (3.13%), Fiber: 0.77g (3.09%), Vitamin D: 0.15µg (1.02%)