



Sticky Ginger Garlic Chicken Wings

 Dairy Free

READY IN



80 min.

SERVINGS



20

CALORIES



195 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 0.5 cup brown sugar packed
- 5 lb chicken wings
- 1 cup flour all-purpose
- 3 cloves garlic finely chopped
- 2 tablespoons ginger grated
- 0.5 teaspoon pepper
- 3 tablespoons hot sauce red
- 0.5 cup rice vinegar

- 0.5 teaspoon salt
- 1 teaspoon soya sauce
- 1 tablespoon sriracha red hot crushed
- 2 tablespoons vegetable oil

Equipment

- bowl
- baking sheet
- sauce pan
- oven
- aluminum foil
- ziploc bags

Directions

- In 1-quart saucepan, combine all glaze ingredients; bring to a simmer, stirring frequently over medium heat until sugar is dissolved, about 5 minutes.
- Remove from heat; set aside.
- In 2-gallon resealable food-storage plastic bag mix pepper sauce, oil, salt, pepper and chicken. Seal bag; shake to coat.
- Add flour, seal bag and shake until chicken is coated with flour.
- Heat oven to 375F. Line two baking sheets with heavy-duty foil; spray with cooking spray.
- Place chicken on cookie sheets.
- Bake uncovered 30 minutes, turn chicken over and rotate pans.
- Bake 20 to 30 minutes longer or until golden brown and juice of chicken is no longer pink when centers of thickest piece are cut.
- In large bowl, toss chicken with glaze.

Nutrition Facts



Properties

Glycemic Index:10.85, Glycemic Load:3.52, Inflammation Score:-2, Nutrition Score:5.056521753902%

Flavonoids

Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

Nutrients (% of daily need)

Calories: 194.58kcal (9.73%), Fat: 11.22g (17.26%), Saturated Fat: 2.96g (18.53%), Carbohydrates: 10.53g (3.51%), Net Carbohydrates: 10.32g (3.75%), Sugar: 5.41g (6.01%), Cholesterol: 47.15mg (15.72%), Sodium: 190.28mg (8.27%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 11.97g (23.94%), Vitamin B3: 4.03mg (20.16%), Selenium: 11.78µg (16.83%), Vitamin B6: 0.23mg (11.54%), Phosphorus: 89.74mg (8.97%), Zinc: 0.87mg (5.82%), Vitamin B1: 0.08mg (5.38%), Iron: 0.95mg (5.28%), Vitamin B2: 0.09mg (5.19%), Vitamin B5: 0.51mg (5.12%), Manganese: 0.08mg (3.95%), Folate: 14.25µg (3.56%), Magnesium: 13.71mg (3.43%), Potassium: 119.42mg (3.41%), Vitamin B12: 0.2µg (3.27%), Vitamin C: 2.55mg (3.09%), Vitamin K: 2.67µg (2.55%), Copper: 0.04mg (2.09%), Vitamin E: 0.3mg (2.03%), Vitamin A: 94.54IU (1.89%), Calcium: 14.69mg (1.47%)