



## Sticky Honey-Soy Chicken Wings

 Gluten Free

READY IN



145 min.

SERVINGS



8

CALORIES



323 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- 2 tablespoons butter
- 2 pounds chicken wings
- 2 tablespoons cilantro leaves fresh chopped
- 1 tablespoon ginger fresh grated
- 2 cloves garlic minced
- 0.5 cup honey
- 0.5 juice of lemon juiced
- 8 servings kosher salt and pepper black freshly ground

- 1 cup soya sauce low sodium
- 2 tablespoons olive oil extra-virgin
- 8 servings sesame seed for garnish

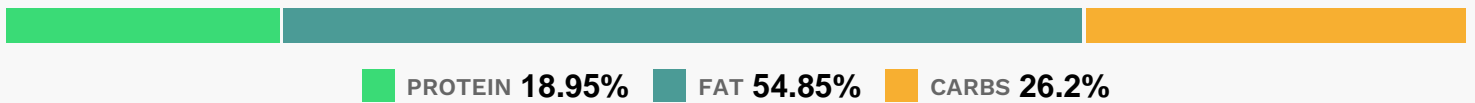
## Equipment

- frying pan

## Directions

- Watch how to make this recipe.
- Rinse chicken wings and pat dry.
- Remove tip and discard; separate each wing at the joint into 2 pieces.
- Place wings in a shallow dish and pour over the soy sauce, ginger, cilantro, garlic, and lemon juice. Toss well to coat; marinate, refrigerated, for 2 hours.
- Remove wings from marinade and pat dry; season with salt and pepper. In a large saute pan over medium-high heat, melt the butter in the olive oil. When the butter stops foaming, add the honey and chicken wings and fry until browned on each side, about 5 minutes. Continue cooking the wings, turning them over often to coat them as the glaze reduces. Cook until the wings are sticky and cooked through.
- Garnish with sesame seeds and serve.

## Nutrition Facts



## Properties

Glycemic Index:30.78, Glycemic Load:9.53, Inflammation Score:-4, Nutrition Score:9.7743477730647%

## Flavonoids

Eriodictyol: 0.09mg, Eriodictyol: 0.09mg, Eriodictyol: 0.09mg, Eriodictyol: 0.09mg Hesperetin: 0.27mg, Hesperetin: 0.27mg, Hesperetin: 0.27mg, Hesperetin: 0.27mg Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.07mg, Quercetin: 0.07mg, Quercetin: 0.07mg, Quercetin: 0.07mg

## Nutrients (% of daily need)

Calories: 322.9kcal (16.14%), Fat: 20.21g (31.09%), Saturated Fat: 5.6g (34.99%), Carbohydrates: 21.72g (7.24%), Net Carbohydrates: 20.44g (7.43%), Sugar: 17.65g (19.61%), Cholesterol: 54.68mg (18.23%), Sodium: 1216.83mg (52.91%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 15.7g (31.41%), Vitamin B3: 4.4mg (21.98%), Manganese: 0.39mg (19.39%), Copper: 0.38mg (19.05%), Phosphorus: 187.55mg (18.76%), Selenium: 12.73µg (18.18%), Vitamin B6: 0.35mg (17.29%), Magnesium: 62.46mg (15.62%), Iron: 2.32mg (12.87%), Zinc: 1.75mg (11.67%), Calcium: 99.18mg (9.92%), Vitamin B2: 0.16mg (9.48%), Potassium: 267.48mg (7.64%), Vitamin B1: 0.11mg (7.2%), Folate: 25.34µg (6.33%), Vitamin E: 0.93mg (6.19%), Vitamin B5: 0.6mg (6.04%), Fiber: 1.28g (5.11%), Vitamin A: 185.68IU (3.71%), Vitamin B12: 0.2µg (3.37%), Vitamin K: 2.84µg (2.7%), Vitamin C: 1.57mg (1.9%)