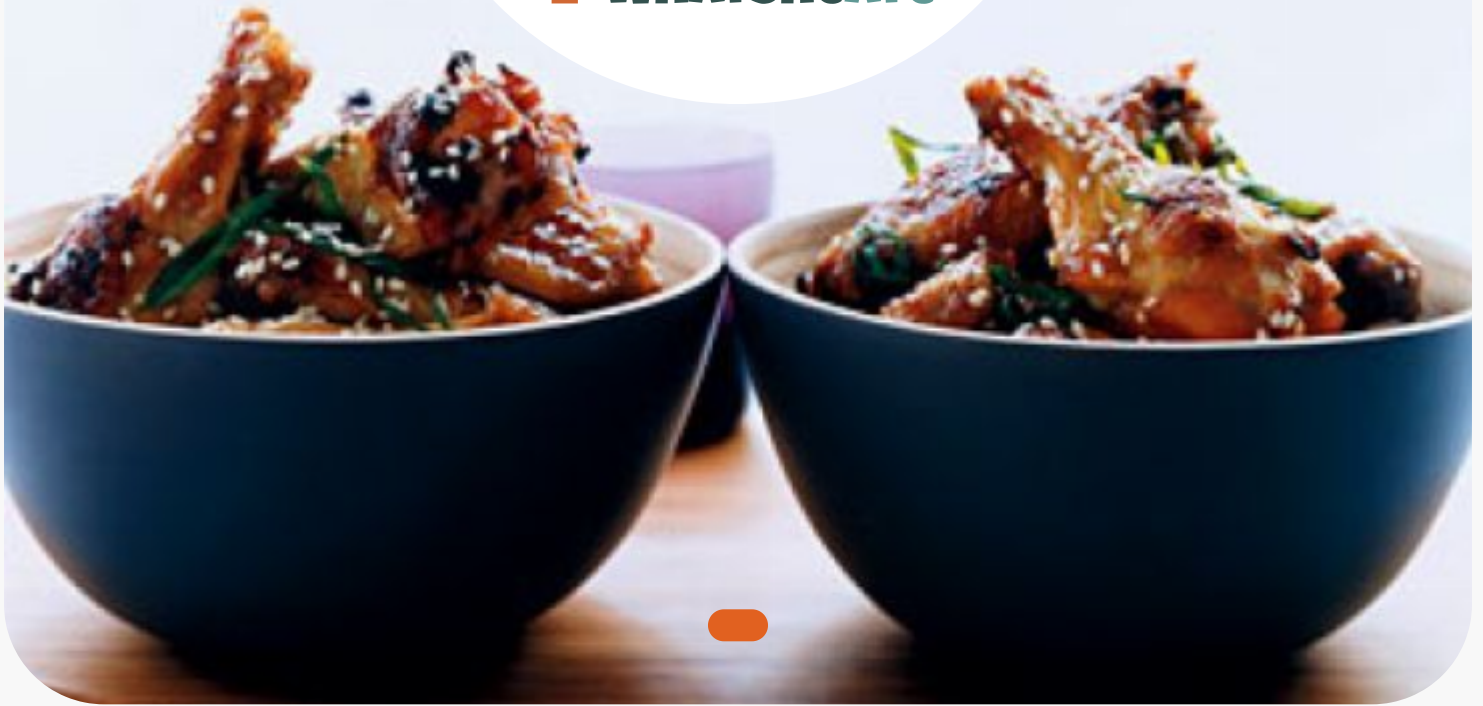




Sticky Sesame Chicken Wings



Gluten Free



Dairy Free

READY IN



50 min.

SERVINGS



4

CALORIES



491 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 pinch cayenne
- ☐ 3 lb chicken wings (see cooks' note, below)
- ☐ 1 large garlic clove
- ☐ 2 tablespoons hoisin sauce
- ☐ 2 tablespoons mild honey
- ☐ 0.8 teaspoon salt
- ☐ 1 scallion green finely chopped (part only)
- ☐ 1 teaspoon asian sesame oil

- ☐ 1.5 tablespoons sesame seed lightly toasted
- ☐ 2 tablespoons soya sauce

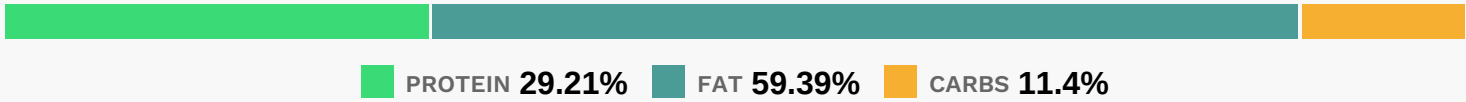
Equipment

- ☐ bowl
- ☐ oven
- ☐ knife
- ☐ baking pan
- ☐ aluminum foil

Directions

- ☐ Put oven rack in upper third of oven and preheat oven to 425°F. Line a large shallow baking pan (17 by 12 inches) with foil and lightly oil foil.
- ☐ Mince garlic and mash to a paste with salt using a large heavy knife.
- ☐ Transfer garlic paste to a large bowl and stir in soy sauce, hoisin, honey, oil, and cayenne.
- ☐ Add wingettes to sauce, stirring to coat.
- ☐ Arrange wingettes in 1 layer in baking pan and roast, turning over once, until cooked through, about 35 minutes.
- ☐ Transfer wingettes to a large serving bowl and toss with sesame seeds and scallion.
- ☐ If using chicken wings instead of wingettes, cut off and discard tips from chicken wings with kitchen shears or a large heavy knife, then halve wings at joint.

Nutrition Facts



Properties

Glycemic Index:49.07, Glycemic Load:4.82, Inflammation Score:-4, Nutrition Score:13.836521552957%

Flavonoids

Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.33mg, Quercetin: 0.33mg, Quercetin: 0.33mg,

Quercetin: 0.33mg

Nutrients (% of daily need)

Calories: 490.93kcal (24.55%), Fat: 32.12g (49.42%), Saturated Fat: 8.63g (53.93%), Carbohydrates: 13.87g (4.62%), Net Carbohydrates: 13.1g (4.76%), Sugar: 11.05g (12.27%), Cholesterol: 141.69mg (47.23%), Sodium: 1203.84mg (52.34%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 35.55g (71.11%), Vitamin B3: 11.51mg (57.53%), Selenium: 29.93µg (42.76%), Vitamin B6: 0.7mg (35.19%), Phosphorus: 278.85mg (27.89%), Zinc: 2.79mg (18.57%), Vitamin B5: 1.46mg (14.62%), Iron: 2.58mg (14.35%), Magnesium: 50.16mg (12.54%), Vitamin B2: 0.21mg (12.21%), Copper: 0.23mg (11.46%), Manganese: 0.2mg (9.97%), Potassium: 346.56mg (9.9%), Vitamin B12: 0.59µg (9.8%), Vitamin B1: 0.12mg (8.05%), Vitamin A: 311.18IU (6.22%), Vitamin K: 6.42µg (6.11%), Calcium: 60.11mg (6.01%), Vitamin E: 0.62mg (4.13%), Folate: 15.9µg (3.97%), Fiber: 0.77g (3.09%), Vitamin C: 2.19mg (2.65%), Vitamin D: 0.18µg (1.22%)