



Sunny's BBQ Chip Wings

 Dairy Free

READY IN



100 min.

SERVINGS



4

CALORIES



1477 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 12 chicken wings whole
- ☐ 2 cups flour
- ☐ 2 tablespoons garlic powder
- ☐ 4 servings kosher salt
- ☐ 4 servings kosher salt and pepper black freshly ground
- ☐ 2 tablespoons onion powder
- ☐ 2 quarts vegetable oil; peanut oil preferred for frying
- ☐ 0.3 cup sugar

☐ 0.3 cup paprika sweet

Equipment

☐ bowl

☐ frying pan

☐ knife

☐ wire rack

☐ pot

☐ kitchen thermometer

Directions

- ☐ Line a sheet tray with a wire rack. Using kitchen shears or a sharp knife, separate the chicken wings into drumettes and wings, discarding the wing tip joint.
- ☐ In a large paper bag add the flour, 2 tablespoons of salt and about 5 grinds of black pepper. In batches, toss the chicken wings in the bag until fully coated with flour.
- ☐ Place the coated wings on the wire rack at room temperature until the flour appears to be invisible or soaked into the skin, about 30 minutes.
- ☐ Meanwhile make the coating: In a small saute pan over medium-low heat, add the paprika, onion powder, and garlic powder. Toast the spices while tossing constantly to avoid burning until they are fragrant, about 5 minutes.
- ☐ Remove the spices from the heat and allow to cool completely. Once cooled add 1/2 teaspoon of salt and the sugar.
- ☐ Place in a bowl or paper bag for tossing.
- ☐ In a large pot, heat oil until a deep fry thermometer reaches 375 degrees F. Working in batches, add the chicken and fry until cooked through and crispy, 10 to 13 minutes each batch.
- ☐ Remove from oil and immediately add the fried wings to the bowl or paper bag filled with the coating and toss.
- ☐ Serve immediately.

Nutrition Facts



 **PROTEIN 9.36%**  **FAT 71.99%**  **CARBS 18.65%**

Properties

Glycemic Index:49.27, Glycemic Load:43.56, Inflammation Score:-10, Nutrition Score:28.742173897183%

Nutrients (% of daily need)

Calories: 1476.74kcal (73.84%), Fat: 119.25g (183.47%), Saturated Fat: 22.71g (141.96%), Carbohydrates: 69.53g (23.18%), Net Carbohydrates: 64.57g (23.48%), Sugar: 13.67g (15.19%), Cholesterol: 111.02mg (37.01%), Sodium: 309.98mg (13.48%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 34.88g (69.75%), Vitamin E: 17.33mg (115.53%), Vitamin A: 3537.14IU (70.74%), Selenium: 45.5µg (65%), Vitamin B3: 12.96mg (64.79%), Vitamin B1: 0.62mg (41.04%), Vitamin B6: 0.77mg (38.41%), Iron: 6.11mg (33.92%), Manganese: 0.66mg (32.9%), Folate: 127.59µg (31.9%), Vitamin B2: 0.53mg (31.16%), Phosphorus: 307mg (30.7%), Fiber: 4.96g (19.84%), Zinc: 2.92mg (19.47%), Vitamin B5: 1.6mg (16.04%), Potassium: 529.51mg (15.13%), Magnesium: 58.93mg (14.73%), Copper: 0.24mg (12.08%), Vitamin B12: 0.46µg (7.69%), Vitamin K: 6.59µg (6.28%), Calcium: 59.42mg (5.94%), Vitamin C: 1.94mg (2.35%)