



Sweet-and-Spicy Chipotle Chicken Wings

READY IN



45 min.

SERVINGS



6

CALORIES



703 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 2 tablespoons butter
- ☐ 15 ounce tomato sauce canned
- ☐ 4 pounds chicken wings
- ☐ 1 cup flour all-purpose
- ☐ 0.3 teaspoon ground pepper red
- ☐ 0.5 cup honey
- ☐ 0.3 cup chipotle-flavored hot sauce
- ☐ 3 tablespoons juice of lime fresh
- ☐ 1 tablespoon lime rind grated (3 limes)

- ☐ 1 teaspoon pepper
- ☐ 1 tablespoon salt
- ☐ 6 servings vegetable oil

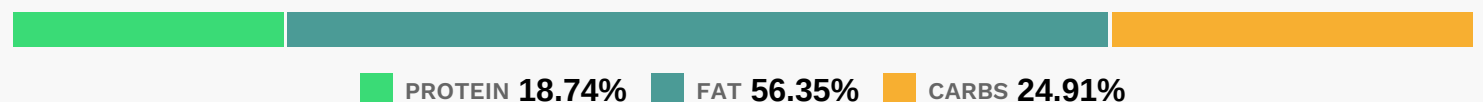
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ paper towels
- ☐ sauce pan
- ☐ slotted spoon
- ☐ dutch oven

Directions

- ☐ Heat tomato sauce and butter in a small saucepan over medium heat, stirring until butter melts. Stir in honey and next 4 ingredients, and bring to a boil. Reduce heat, and simmer, stirring often, 5 minutes. Set tomato sauce mixture aside.
- ☐ Cut off wingtips, and discard.
- ☐ Cut wings in half at joint, if desired.
- ☐ Sprinkle wings evenly with salt and pepper; dredge lightly in flour, shaking off excess.
- ☐ Pour oil to a depth of 1 1/2 inches into a large, deep skillet or Dutch oven; heat oil to 37
- ☐ Fry wings, in 3 batches, 8 minutes per batch or until golden and crispy.
- ☐ Remove wings from oil using a slotted spoon; drain on layers of paper towels. (Allow oil to return to 375 before adding next batch of wings.)
- ☐ Place wings in a large bowl.
- ☐ Drizzle with tomato sauce mixture, tossing well to coat.
- ☐ Let stand 5 minutes before serving.

Nutrition Facts



Properties

Glycemic Index:53.05, Glycemic Load:24.93, Inflammation Score:-6, Nutrition Score:18.402174032253%

Flavonoids

Eriodictyol: 0.16mg, Eriodictyol: 0.16mg, Eriodictyol: 0.16mg, Eriodictyol: 0.16mg Hesperetin: 1.1mg, Hesperetin: 1.1mg, Hesperetin: 1.1mg, Hesperetin: 1.1mg Naringenin: 0.06mg, Naringenin: 0.06mg, Naringenin: 0.06mg, Naringenin: 0.06mg Quercetin: 0.04mg, Quercetin: 0.04mg, Quercetin: 0.04mg, Quercetin: 0.04mg

Nutrients (% of daily need)

Calories: 702.83kcal (35.14%), Fat: 44.35g (68.23%), Saturated Fat: 11.92g (74.53%), Carbohydrates: 44.11g (14.7%), Net Carbohydrates: 42.24g (15.36%), Sugar: 26.06g (28.95%), Cholesterol: 135.77mg (45.26%), Sodium: 1914mg (83.22%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 33.19g (66.39%), Vitamin B3: 11.69mg (58.47%), Selenium: 33.11µg (47.3%), Vitamin B6: 0.68mg (33.95%), Vitamin K: 29.02µg (27.64%), Phosphorus: 262.53mg (26.25%), Vitamin C: 16.33mg (19.79%), Iron: 3.43mg (19.06%), Vitamin E: 2.84mg (18.9%), Vitamin B2: 0.32mg (18.58%), Vitamin B1: 0.27mg (17.7%), Zinc: 2.57mg (17.11%), Manganese: 0.32mg (16.17%), Vitamin B5: 1.61mg (16.12%), Potassium: 533.88mg (15.25%), Vitamin A: 720.49IU (14.41%), Folate: 53.32µg (13.33%), Magnesium: 47.15mg (11.79%), Copper: 0.2mg (9.99%), Vitamin B12: 0.53µg (8.84%), Fiber: 1.88g (7.51%), Calcium: 39.96mg (4%), Vitamin D: 0.16µg (1.09%)