



WHATSheATE



Tailgating Asian Wings



Gluten Free



Dairy Free

READY IN



80 min.

SERVINGS



4

CALORIES



232 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 pound chicken wings cut into segents, tips removed and discarded
- ☐ 1 teaspoon chili garlic paste
- ☐ 1 tablespoon ginger freshly grated
- ☐ 0.5 teaspoon sea salt
- ☐ 0.5 teaspoon ground cumin
- ☐ 0.3 cup honey
- ☐ 3 tablespoons juice of lime
- ☐ 2 teaspoons lime zest

- ☐ 0.3 cup orange juice
- ☐ 0.5 teaspoon oregano dried
- ☐ 1 tablespoon oyster sauce
- ☐ 1 tablespoon freshly cracked pepper black
- ☐ 1 tablespoon salt
- ☐ 0.5 teaspoon sesame oil
- ☐ 2 tablespoons soya sauce

Equipment

- ☐ bowl
- ☐ baking sheet
- ☐ oven
- ☐ grill
- ☐ ziploc bags

Directions

- ☐ Watch how to make this recipe.
- ☐ Preheat the oven to 350 degrees F.
- ☐ Season the wings with salt and pepper. Arrange the chicken wings on a baking sheet in a single layer. Put in the preheated oven and cook for 45 minutes.
- ☐ Remove the wings from the oven to a bowl and allow to cool. Cover and refrigerate until ready to finish at the event on the barbecue.
- ☐ Combine all of the ingredients in a resealable gallon-size plastic bag and combine well.
- ☐ Preheat a grill to 350 degrees F, prepared for indirect heat.
- ☐ Add all the wings and cook for 10 to 15 minutes to reheat and get some grill marks, turning after 7 minutes.
- ☐ Remove the wings from the grill to a serving bowl.
- ☐ Add the sauce and toss to combine.

Nutrition Facts



 **PROTEIN 21.5%**  **FAT 39.43%**  **CARBS 39.07%**

Properties

Glycemic Index:60.82, Glycemic Load:10.38, Inflammation Score:-4, Nutrition Score:7.024347861176%

Flavonoids

Eriodictyol: 0.27mg, Eriodictyol: 0.27mg, Eriodictyol: 0.27mg, Eriodictyol: 0.27mg Hesperetin: 3.29mg, Hesperetin: 3.29mg, Hesperetin: 3.29mg, Hesperetin: 3.29mg Naringenin: 0.41mg, Naringenin: 0.41mg, Naringenin: 0.41mg, Naringenin: 0.41mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 0.12mg, Quercetin: 0.12mg, Quercetin: 0.12mg, Quercetin: 0.12mg

Nutrients (% of daily need)

Calories: 232.42kcal (11.62%), Fat: 10.48g (16.12%), Saturated Fat: 2.86g (17.85%), Carbohydrates: 23.35g (7.78%), Net Carbohydrates: 22.52g (8.19%), Sugar: 19.13g (21.26%), Cholesterol: 47.15mg (15.72%), Sodium: 2417.1mg (105.09%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 12.85g (25.71%), Vitamin B3: 4.22mg (21.11%), Manganese: 0.32mg (16.24%), Vitamin C: 12.46mg (15.11%), Selenium: 10.34µg (14.78%), Vitamin B6: 0.28mg (14.08%), Phosphorus: 106.81mg (10.68%), Iron: 1.41mg (7.84%), Zinc: 0.99mg (6.63%), Potassium: 217.9mg (6.23%), Vitamin B5: 0.6mg (6.01%), Magnesium: 23.44mg (5.86%), Vitamin B2: 0.1mg (5.59%), Copper: 0.1mg (4.84%), Vitamin B1: 0.06mg (4.03%), Vitamin K: 4.2µg (4%), Vitamin B12: 0.21µg (3.57%), Fiber: 0.84g (3.36%), Calcium: 32.35mg (3.24%), Folate: 12.3µg (3.08%), Vitamin A: 142.89IU (2.86%), Vitamin E: 0.3mg (2.01%)