



## Tamil Chicken Wings



Gluten Free



Dairy Free

READY IN



95 min.

SERVINGS



4

CALORIES



240 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

## Ingredients

- ☐ 0.5 teaspoon pepper white black
- ☐ 8 chicken wings dry rinsed ()
- ☐ 0.8 cup cilantro sprigs fresh rinsed
- ☐ 4 servings cucumber salad
- ☐ 8 cloves garlic peeled
- ☐ 1 teaspoon ground turmeric
- ☐ 2 oz lemon grass fresh yellow chopped (3 by) ( part only)
- ☐ 1 teaspoon salt

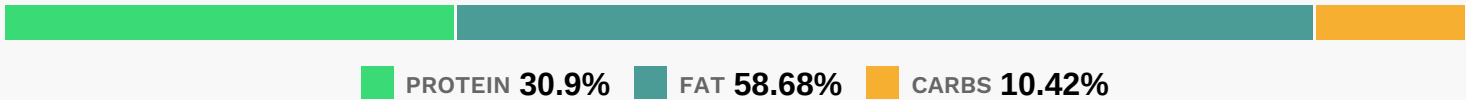
# Equipment

- ☐ food processor
- ☐ grill

# Directions

- ☐ Remove stem end and tough outer leaves from lemon grass.
- ☐ Cut inner stalk into chunks; put in a food processor with cilantro, garlic, salt, turmeric, and pepper. Whirl until finely minced. Pat mixture over chicken wings. Cover and chill at least 1 hour or up to 1 day.
- ☐ Lay chicken wings on a lightly oiled barbecue grill over a solid bed of medium coals or medium heat on a gas grill (you can hold your hand at grill level only 4 to 5 seconds); close lid on gas grill. Cook chicken, turning occasionally, until no longer pink at the bone (cut to test), about 15 minutes total.
- ☐ Transfer to a platter.
- ☐ Serve with Cucumber Salad.

# Nutrition Facts



# Properties

Glycemic Index:20.5, Glycemic Load:0.58, Inflammation Score:-10, Nutrition Score:10.457391350166%

# Flavonoids

Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Myricetin: 0.1mg, Myricetin: 0.1mg, Myricetin: 0.1mg, Myricetin: 0.1mg Quercetin: 1.69mg, Quercetin: 1.69mg, Quercetin: 1.69mg, Quercetin: 1.69mg

# Nutrients (% of daily need)

Calories: 239.68kcal (11.98%), Fat: 15.52g (23.88%), Saturated Fat: 4.35g (27.16%), Carbohydrates: 6.2g (2.07%), Net Carbohydrates: 5.81g (2.11%), Sugar: 0.12g (0.13%), Cholesterol: 74.01mg (24.67%), Sodium: 655.01mg (28.48%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 18.39g (36.79%), Manganese: 0.92mg (46.15%), Vitamin B3: 5.95mg (29.77%), Selenium: 15.91µg (22.73%), Vitamin B6: 0.44mg (21.82%), Phosphorus: 153.8mg (15.38%), Iron: 2.48mg (13.76%), Zinc: 1.71mg (11.38%), Vitamin K: 9.54µg (9.09%), Potassium: 306.41mg (8.75%), Vitamin B5: 0.8mg (7.99%), Magnesium: 29.41mg (7.35%), Vitamin A: 345.85IU (6.92%), Vitamin B2: 0.12mg (6.88%), Copper: 0.11mg

(5.41%), Vitamin B12: 0.31µg (5.13%), Vitamin C: 3.94mg (4.77%), Vitamin B1: 0.07mg (4.7%), Folate: 16.88µg (4.22%), Calcium: 35.7mg (3.57%), Vitamin E: 0.38mg (2.56%), Fiber: 0.39g (1.55%)