

 7%
HEALTH SCORE

Teriyaki Chicken Wings With Sesame And Cilantro

 Gluten Free  Dairy Free

READY IN



45 min.

SERVINGS



8

CALORIES



421 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 24 chicken wings dry rinsed
- 0.5 bunch cilantro leaves fresh chopped for garnish
- 2 inch ginger fresh with the flat side of a knife
- 5 garlic clove halved
- 1 cup grapefruit juice
- 0.3 cup hoisin sauce
- 0.3 cup catsup

- 0.3 cup brown sugar light
- 1 cup soy sauce low-sodium
- 2 to 5 chilies fresh red halved
- 0.3 cup rice vinegar
- 8 servings pepper black freshly ground
- 1 tablespoon sesame seed toasted for garnish

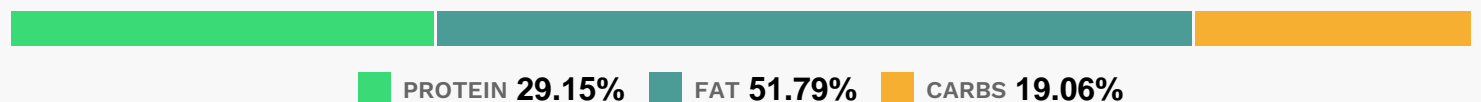
Equipment

- frying pan
- oven
- pot
- tongs

Directions

- Prepare the teriyaki sauce by combining the soy sauce, grapefruit juice, hoisin sauce, ketchup, rice wine vinegar, brown sugar, chiles, garlic, and ginger in a pot. Bring to a slow boil and cook, stirring, until thickened, about 20 minutes.
- Preheat the oven to 400 degrees F.
- Season the chicken wings generously with salt and pepper.
- Lay the chicken wings in a single layer on a sheet pan.
- Bake for 20 minutes or until the skin gets crispy. With tongs, dip the wings in the teriyaki sauce and return to the oven for 10 to 15 minutes to glaze. An impressive presentation is to serve these chicken wings family style; arrange them on a large platter, pour the remaining sauce over them and sprinkle with sesame seeds and cilantro. Don't forget the wet naps!

Nutrition Facts



Properties

Glycemic Index:35.88, Glycemic Load:2.2, Inflammation Score:-5, Nutrition Score:14.352608812892%

Flavonoids

Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 0.36mg, Quercetin: 0.36mg, Quercetin: 0.36mg, Quercetin: 0.36mg

Nutrients (% of daily need)

Calories: 420.65kcal (21.03%), Fat: 24.02g (36.96%), Saturated Fat: 6.6g (41.26%), Carbohydrates: 19.89g (6.63%), Net Carbohydrates: 18.97g (6.9%), Sugar: 14.67g (16.3%), Cholesterol: 111.28mg (37.09%), Sodium: 1464.59mg (63.68%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 30.42g (60.84%), Vitamin B3: 9.43mg (47.15%), Selenium: 23.52µg (33.61%), Vitamin B6: 0.67mg (33.38%), Vitamin C: 26.26mg (31.83%), Phosphorus: 267.27mg (26.73%), Zinc: 2.38mg (15.87%), Magnesium: 62.25mg (15.56%), Manganese: 0.29mg (14.75%), Vitamin B2: 0.25mg (14.72%), Potassium: 485.14mg (13.86%), Iron: 2.4mg (13.36%), Vitamin B5: 1.3mg (12.96%), Copper: 0.16mg (8.16%), Vitamin A: 394.65IU (7.89%), Vitamin B12: 0.46µg (7.69%), Vitamin B1: 0.1mg (6.92%), Folate: 27.24µg (6.81%), Calcium: 55.06mg (5.51%), Vitamin E: 0.8mg (5.31%), Fiber: 0.92g (3.66%), Vitamin K: 3.59µg (3.42%)