



Thai Bird Chili Wings



Gluten Free



Dairy Free

READY IN



90 min.

SERVINGS



10

CALORIES



145 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 1 tablespoon spice powder chinese
- ☐ 2 tablespoon asian fish sauce
- ☐ 1 bunch cilantro leaves roughly chopped
- ☐ 6 clove garlic minced peeled
- ☐ 1 bunch green onions light sliced
- ☐ 1 cup honey
- ☐ 0.3 cup rice vinegar
- ☐ 1 pinch salt

- ☐ 2 tablespoon sesame oil toasted
- ☐ 0.3 cup soya sauce
- ☐ 3 tablespoon thai chili paste

Equipment

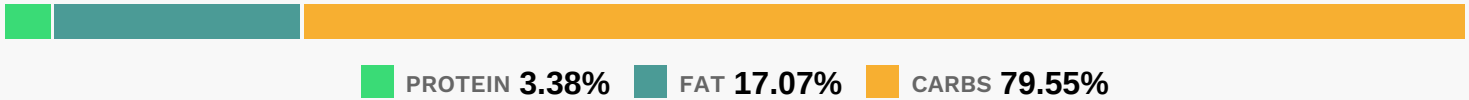
- ☐ bowl
- ☐ frying pan
- ☐ baking sheet
- ☐ paper towels
- ☐ sauce pan
- ☐ oven
- ☐ whisk
- ☐ aluminum foil
- ☐ mortar and pestle

Directions

- ☐ Preheat oven to 425 degree F. bring a large saucepan filled with water to a boil.
- ☐ Add 1 heaping tablespoon of kosher salt and the chicken wings. Cook for 5 minutes.
- ☐ Drain the wings and pat dry with a paper towel. Using a mortar and pestle work the minced garlic into a paste. A pinch of coarse salt will aid in this process.
- ☐ Mix in 2 tablespoons Thai chili paste and the Chinese five-spice powder until well incorporated. Scrape this mixture into a very large bowl.
- ☐ Add the honey, soy sauce, rice vinegar, fish sauce, sesame oil, and Thai bird chile slices.
- ☐ Whisk well.
- ☐ Add the wings, stirring to get them well coated.
- ☐ Let the wings sit in the marinade about 1 hour, stirring them once or twice. Arrange the wings in a single layer on two foil-lined baking sheets.
- ☐ Drizzle the wings with some of the marinade and put them into the preheated oven. Immediately turn the heat down to 375 degrees F.

- ☐
- Bake for 15 minutes. Turn the wings over and drizzle on more marinade. Rotate the pans and bake another 15 minutes. While the wings cook pour the marinade into a small sauce pan set over medium-high heat. Bring the liquid to a boil and then lower the heat to a simmer. Cover and keep warm until serving. Once the wings have cooked pour them and all their pan juices onto 1 large serving platter.
- ☐
- Garnish with green onions and cilantro.
- ☐
- Serve hot with plenty of napkins.

Nutrition Facts



Properties

Glycemic Index:21.63, Glycemic Load:14.83, Inflammation Score:-1, Nutrition Score:2.1608695659948%

Flavonoids

Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 0.71mg, Quercetin: 0.71mg, Quercetin: 0.71mg, Quercetin: 0.71mg

Nutrients (% of daily need)

Calories: 144.68kcal (7.23%), Fat: 2.95g (4.54%), Saturated Fat: 0.41g (2.54%), Carbohydrates: 30.92g (10.31%), Net Carbohydrates: 30.56g (11.11%), Sugar: 28.58g (31.75%), Cholesterol: 0mg (0%), Sodium: 614.08mg (26.7%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.31g (2.62%), Vitamin K: 7.92µg (7.54%), Manganese: 0.12mg (6.07%), Iron: 0.69mg (3.82%), Vitamin B6: 0.07mg (3.56%), Magnesium: 12.27mg (3.07%), Vitamin C: 2.33mg (2.83%), Potassium: 86.28mg (2.47%), Vitamin B3: 0.49mg (2.43%), Copper: 0.04mg (2.2%), Vitamin B2: 0.03mg (2.02%), Phosphorus: 19mg (1.9%), Vitamin A: 90.24IU (1.8%), Calcium: 16.13mg (1.61%), Folate: 6.19µg (1.55%), Selenium: 1.04µg (1.49%), Fiber: 0.36g (1.45%), Zinc: 0.19mg (1.24%), Vitamin B1: 0.02mg (1.07%)