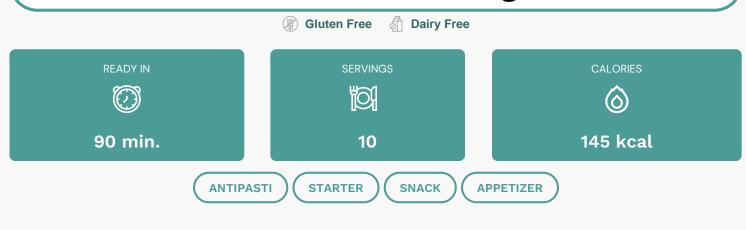


# **Thai Bird Chili Wings**



## **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

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Ш	2 tablespoon sesame oil toasted	
Ш	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, Quercetin: 0.71mg, Quercetin: 0.71mg, Quercetin: 0.71mg, Quercetin: 0.71mg

PROTEIN 3.38% FAT 17.07% CARBS 79.55%

#### 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: Omg (0%), Sodium: 614.08mg (26.7%), Alcohol: Og (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%)