



Thai Chicken Wings



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



10

CALORIES



340 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 cup chicken broth
- ☐ 5 pounds chicken wings frozen
- ☐ 0.3 cup jalapeño chile peppers finely chopped
- ☐ 2 tablespoons cornstarch
- ☐ 0.3 cup fish sauce
- ☐ 0.3 cup garlic crushed
- ☐ 1 tablespoon olive oil
- ☐ 3 teaspoons paprika

☐ 0.5 cup sugar white

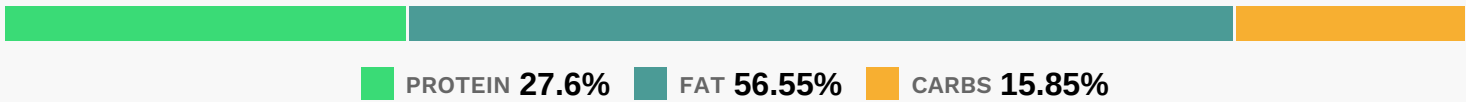
Equipment

- ☐ frying pan
- ☐ baking sheet
- ☐ oven

Directions

- ☐ Preheat oven to 400 degrees F (200 degrees C).
- ☐ Place chicken wings on a non-greased cookie sheet.
- ☐ Bake in the preheated oven for 45 minutes to 1 hour, turning once, until golden brown. Move to serving dish/platter.
- ☐ In a medium skillet saute garlic and jalapeno peppers in olive oil until soft.
- ☐ Add chicken broth, fish sauce, paprika and sugar.
- ☐ Add cornstarch and let thicken. Stir all together and pour over crispy chicken wings. Enjoy!

Nutrition Facts



Properties

Glycemic Index:14.71, Glycemic Load:7.34, Inflammation Score:-4, Nutrition Score:9.3199999513833%

Flavonoids

Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg Quercetin: 0.17mg, Quercetin: 0.17mg, Quercetin: 0.17mg, Quercetin: 0.17mg

Nutrients (% of daily need)

Calories: 339.71kcal (16.99%), Fat: 21.14g (32.53%), Saturated Fat: 5.7g (35.63%), Carbohydrates: 13.33g (4.44%), Net Carbohydrates: 12.97g (4.72%), Sugar: 10.48g (11.65%), Cholesterol: 94.77mg (31.59%), Sodium: 633.21mg (27.53%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 23.22g (46.44%), Vitamin B3: 7.56mg (37.78%), Selenium: 20.24µg (28.91%), Vitamin B6: 0.52mg (25.8%), Phosphorus: 170.89mg (17.09%), Zinc: 1.73mg (11.52%), Vitamin A: 501.28IU (10.03%), Vitamin B5: 0.99mg (9.89%), Magnesium: 34.73mg (8.68%), Vitamin B2: 0.14mg (8.21%), Iron: 1.44mg (7.98%), Vitamin B12: 0.42µg (7.07%), Potassium: 245.14mg (7%), Manganese: 0.12mg (5.81%),

Vitamin C: 4.62mg (5.6%), Vitamin E: 0.84mg (5.58%), Vitamin B1: 0.07mg (4.94%), Copper: 0.07mg (3.68%), Calcium: 26.07mg (2.61%), Folate: 8.86µg (2.22%), Vitamin K: 1.8µg (1.71%), Fiber: 0.36g (1.43%)