



Thai Red Curry Chicken Wings

 **Gluten Free**

READY IN



45 min.

SERVINGS



4

CALORIES



895 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 4 pounds chicken wings cut into two "drumettes"
- 0.5 cup cilantro leaves chopped for garnish
- 1 tablespoon honey
- 1 juice of lime
- 4 servings olive oil
- 4 servings salt and pepper
- 1 tablespoon soya sauce
- 1 tablespoon curry paste red

1 stick butter unsalted softened

Equipment

bowl

baking sheet

oven

whisk

mixing bowl

Directions

Preheat an oven to 425F. Rinse and thoroughly dry the chicken wings, then toss them in a large bowl with enough olive oil to generously coat, along with plenty of salt and pepper.

Spread out on a baking sheet (two baking sheets may be required to ensure the wings have plenty of room to caramelize; if that's the case, switch them halfway through cooking) and roast for 25–30 minutes, until they are golden and the skin is crisp.

In the meantime, whisk together the remaining ingredients to make the sauce. Taste and season to taste with more curry paste, soy sauce, or lime juice (for heat, salt, and acidity respectively).

Remove the wings from the oven and combine them in a large mixing bowl with the sauce. Toss quickly to coat them thoroughly (the butter will begin to melt), then spread out on a platter.

Garnish with chopped cilantro and serve immediately.

Nutrition Facts

 **PROTEIN 20.51%** **FAT 76.97%** **CARBS 2.52%**

Properties

Glycemic Index:24.82, Glycemic Load:2.29, Inflammation Score:-8, Nutrition Score:18.569565280624%

Flavonoids

Eriodictyol: 0.16mg, Eriodictyol: 0.16mg, Eriodictyol: 0.16mg, Eriodictyol: 0.16mg Hesperetin: 0.67mg, Hesperetin: 0.67mg, Hesperetin: 0.67mg, Hesperetin: 0.67mg Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg,

Naringenin: 0.03mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Quercetin: 1.1mg, Quercetin: 1.1mg, Quercetin: 1.1mg, Quercetin: 1.1mg

Nutrients (% of daily need)

Calories: 895.39kcal (44.77%), Fat: 76.32g (117.42%), Saturated Fat: 27.53g (172.09%), Carbohydrates: 5.63g (1.88%), Net Carbohydrates: 5.36g (1.95%), Sugar: 4.81g (5.35%), Cholesterol: 249.34mg (83.11%), Sodium: 628.7mg (27.33%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 45.76g (91.51%), Vitamin B3: 14.74mg (73.72%), Selenium: 38.35µg (54.79%), Vitamin B6: 0.87mg (43.71%), Vitamin A: 1795.36IU (35.91%), Phosphorus: 338.17mg (33.82%), Vitamin E: 3.47mg (23.15%), Zinc: 3.33mg (22.2%), Vitamin B5: 1.95mg (19.48%), Vitamin K: 16.65µg (15.86%), Iron: 2.68mg (14.89%), Vitamin B2: 0.24mg (14.02%), Vitamin B12: 0.83µg (13.86%), Potassium: 420.53mg (12.02%), Magnesium: 47.68mg (11.92%), Vitamin B1: 0.12mg (8.32%), Copper: 0.12mg (5.98%), Vitamin C: 4.85mg (5.87%), Calcium: 45.29mg (4.53%), Vitamin D: 0.67µg (4.46%), Manganese: 0.08mg (4.11%), Folate: 13.55µg (3.39%), Fiber: 0.27g (1.09%)