



Thai-Style Broiled Chicken Wings with Hot-and-Sour Sauce



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



392 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 2 pounds chicken wings (10)
- ☐ 0.3 cup plus light
- ☐ 2 garlic cloves with 1 teaspoon salt minced mashed
- ☐ 1 teaspoon pepper flakes dried red hot
- ☐ 1 tablespoon vegetable oil
- ☐ 0.5 cup distilled vinegar white

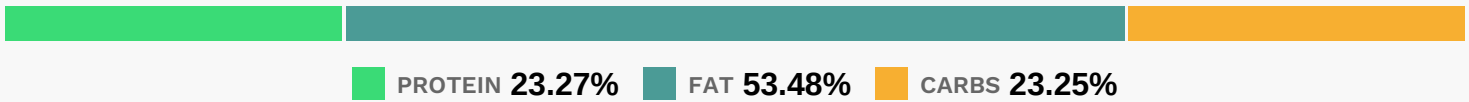
Equipment

- ☐ bowl
- ☐ sauce pan
- ☐ broiler
- ☐ ziploc bags
- ☐ broiler pan

Directions

- ☐ Cut off the wings tips, reserving them for another use such as stock if desired, and halve the wings at the joint. In a heavy-duty resealable plastic bag toss the wings with the garlic paste and the oil to coat them well and let them marinate, chilled, for at least 6 hours or overnight.
- ☐ Drain the wings and pat them dry. Arrange the wings, skin side up, on the oiled rack of a broiler pan, sprinkle them with salt and pepper to taste, and broil them under a preheated broiler about 4 inches from the heat for 8 to 10 minutes, or until they are golden brown. Turn the wings, sprinkle them with salt and pepper to taste, and broil them for 5 to 8 minutes more, or until they are golden. While the wings are broiling, in a saucepan stir together the red pepper flakes, the corn syrup, and the vinegar, bring the liquid to a boil, stirring, and transfer it to a bowl.
- ☐ Serve the wings with the sauce.

Nutrition Facts



Properties

Glycemic Index:24.75, Glycemic Load:4.29, Inflammation Score:-3, Nutrition Score:8.5082609342492%

Flavonoids

Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg

Nutrients (% of daily need)

Calories: 391.74kcal (19.59%), Fat: 23.09g (35.53%), Saturated Fat: 6.02g (37.62%), Carbohydrates: 22.58g (7.53%), Net Carbohydrates: 22.38g (8.14%), Sugar: 21.89g (24.32%), Cholesterol: 94.3mg (31.43%), Sodium: 116.11mg (5.05%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 22.61g (45.22%), Vitamin B3: 7.33mg (36.63%), Selenium: 19.66µg (28.08%), Vitamin B6: 0.46mg (22.89%), Phosphorus: 166.73mg (16.67%), Zinc: 1.8mg (11.97%), Vitamin B5: 0.95mg (9.51%), Iron: 1.29mg (7.14%), Vitamin B2: 0.11mg (6.71%), Vitamin A: 328.42IU (6.57%), Vitamin

B12: 0.39µg (6.53%), Vitamin K: 6.81µg (6.48%), Potassium: 207.74mg (5.94%), Magnesium: 23.77mg (5.94%),
Vitamin E: 0.84mg (5.58%), Vitamin B1: 0.08mg (5.32%), Manganese: 0.07mg (3.66%), Copper: 0.06mg (3.08%),
Calcium: 24.67mg (2.47%), Vitamin C: 1.33mg (1.61%), Folate: 5.08µg (1.27%)