



Thai-Style Chicken Wings



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



6

CALORIES



449 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 cup chicken broth
- ☐ 3 pounds chicken wings
- ☐ 2 tablespoons cider vinegar
- ☐ 1 tablespoon cornstarch
- ☐ 0.3 cup fish sauce
- ☐ 0.3 cup garlic minced
- ☐ 3 tablespoons jalapeño peppers minced
- ☐ 2 teaspoons paprika

- ☐ 0.3 cup bell peppers red sliced
- ☐ 1 tablespoon vegetable oil
- ☐ 1 cup sugar white

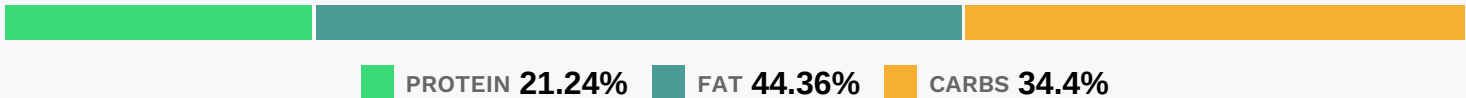
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ oven
- ☐ baking pan
- ☐ wok
- ☐ slotted spoon

Directions

- ☐ Preheat oven to 400 degrees F (200 degrees C).
- ☐ In a large bowl combine the broth, sugar, fish sauce, vinegar, cornstarch and paprika. Set aside.
- ☐ In a hot wok or skillet add the oil, garlic and chiles. Stir fry over high heat until the garlic turns slightly golden, about 4 minutes.
- ☐ Add the broth mixture and stir until it boils and is reduced to about 1 1/4 cups, about 10 to 15 minutes. Keep warm.
- ☐ Place the chicken wings in a 10x15 inch baking dish and bake, uncovered, in the preheated oven for 60 to 70 minutes (until browned and crisp). Turn occasionally.
- ☐ Drain off the fat. With a slotted spoon, transfer the wings to a platter and pour the garlic sauce mixture over them, mixing well.
- ☐ Garnish with red bell pepper strips if desired.

Nutrition Facts



Properties

Glycemic Index:36.52, Glycemic Load:24.18, Inflammation Score:-6, Nutrition Score:11.994782585165%

Flavonoids

Luteolin: 0.14mg, Luteolin: 0.14mg, Luteolin: 0.14mg, Luteolin: 0.14mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Myricetin: 0.12mg, Myricetin: 0.12mg, Myricetin: 0.12mg, Myricetin: 0.12mg Quercetin: 0.53mg, Quercetin: 0.53mg, Quercetin: 0.53mg, Quercetin: 0.53mg

Nutrients (% of daily need)

Calories: 449.04kcal (22.45%), Fat: 22.19g (34.13%), Saturated Fat: 5.87g (36.68%), Carbohydrates: 38.71g (12.9%), Net Carbohydrates: 37.97g (13.81%), Sugar: 34.52g (38.36%), Cholesterol: 95.09mg (31.7%), Sodium: 996.46mg (43.32%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 23.9g (47.79%), Vitamin B3: 7.84mg (39.22%), Vitamin B6: 0.62mg (31.22%), Selenium: 21.41µg (30.59%), Vitamin C: 20.11mg (24.38%), Phosphorus: 181.69mg (18.17%), Vitamin A: 786.25IU (15.72%), Zinc: 1.82mg (12.16%), Manganese: 0.23mg (11.41%), Magnesium: 44.59mg (11.15%), Vitamin B5: 1.06mg (10.58%), Vitamin B2: 0.17mg (9.99%), Iron: 1.61mg (8.97%), Potassium: 307.5mg (8.79%), Vitamin E: 1.14mg (7.57%), Vitamin B12: 0.45µg (7.44%), Vitamin K: 6.52µg (6.21%), Vitamin B1: 0.09mg (6.12%), Copper: 0.1mg (4.81%), Folate: 15.26µg (3.82%), Calcium: 37.67mg (3.77%), Fiber: 0.74g (2.97%)