 **6%**  
HEALTH SCORE

## These Sweet-and-Sour Chicken Wings Are Baked Not Fried—and They're Irresistible

 **Gluten Free**  **Dairy Free**

READY IN



**45 min.**

SERVINGS



**4**

CALORIES



**569 kcal**

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- 0.5 cup soya sauce
- 0.5 cup vinegar white
- 0.5 cup honey
- 3 garlic clove peeled smashed
- 2 inch ginger fresh peeled thinly sliced
- 3 pounds chicken wings cut in half at joint (wing tips removed)
- 1 teaspoon sesame seed toasted

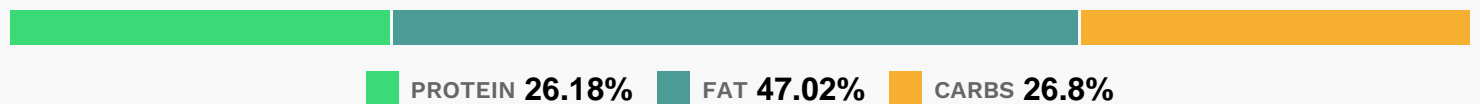
## Equipment

- bowl
- baking sheet
- sauce pan
- oven
- whisk
- sieve
- tongs

## Directions

- Preheat oven to 475°F. In a small saucepan, whisk together soy sauce, vinegar, honey, garlic, and ginger. Bring to a simmer over medium-high and cook, stirring occasionally, until mixture thickens and is reduced by half, 30 minutes.
- Pour through a fine-mesh sieve into a large bowl; discard solids. You should have 2/3 cup sauce.
- Meanwhile, arrange chicken wings in a single layer on a rimmed baking sheet.
- Bake until golden, crisp, and cooked through, 35 minutes.
- Drain fat from sheet and, with tongs, transfer wings to bowl with sauce. Toss until wings are coated and most of sauce is absorbed, about 3 minutes.
- Sprinkle with sesame seeds and chives, if desired, for serving.

## Nutrition Facts



## Properties

Glycemic Index:49.32, Glycemic Load:18.73, Inflammation Score:-3, Nutrition Score:13.879130489476%

## Flavonoids

Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 0.04mg, Quercetin: 0.04mg, Quercetin: 0.04mg,

Quercetin: 0.04mg

## Nutrients (% of daily need)

Calories: 568.8kcal (28.44%), Fat: 29.65g (45.62%), Saturated Fat: 8.28g (51.73%), Carbohydrates: 38.03g (12.68%), Net Carbohydrates: 37.54g (13.65%), Sugar: 35.38g (39.31%), Cholesterol: 141.45mg (47.15%), Sodium: 1757.27mg (76.4%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 37.14g (74.29%), Vitamin B3: 12.15mg (60.74%), Selenium: 29.72µg (42.46%), Vitamin B6: 0.75mg (37.43%), Phosphorus: 290.94mg (29.09%), Zinc: 2.74mg (18.27%), Vitamin B5: 1.57mg (15.66%), Iron: 2.75mg (15.31%), Manganese: 0.29mg (14.36%), Vitamin B2: 0.23mg (13.34%), Magnesium: 49.66mg (12.41%), Potassium: 396.62mg (11.33%), Vitamin B12: 0.59µg (9.8%), Copper: 0.17mg (8.33%), Vitamin B1: 0.11mg (7.64%), Vitamin A: 270.29IU (5.41%), Calcium: 41.81mg (4.18%), Vitamin E: 0.56mg (3.76%), Folate: 14.35µg (3.59%), Vitamin C: 2.37mg (2.88%), Fiber: 0.49g (1.97%), Vitamin D: 0.18µg (1.22%)