



WHATSheATE



Trini Tamarind Wings



Gluten Free



Dairy Free

READY IN



1486 min.

SERVINGS



35

CALORIES



236 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 2 tablespoons cajun spice
- ☐ 4 pounds chicken wings
- ☐ 0.3 cup cilantro leaves fresh chopped
- ☐ 0.3 cup thyme leaves fresh
- ☐ 1.5 tablespoons garam masala
- ☐ 0.3 cup garlic
- ☐ 1 clove garlic
- ☐ 2 tablespoons garlic pureed

- ☐ 1 teaspoon ground cumin
- ☐ 0.5 cup mayonnaise
- ☐ 35 servings veggies for serving
- ☐ 0.3 cup olive oil
- ☐ 2 tablespoons paprika
- ☐ 2 tablespoons secret special 4 pepper blend your favorite
- ☐ 35 servings pepper flakes red
- ☐ 3 tablespoons salt
- ☐ 0.5 cup scallions chopped
- ☐ 1 cup sugar
- ☐ 2 tablespoons sugar
- ☐ 2 cups tamarind pulp
- ☐ 35 servings vegetable oil for frying
- ☐ 0.5 cup vinegar
- ☐ 1 cup water

Equipment

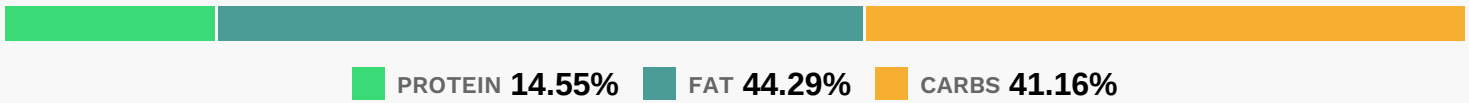
- ☐ food processor
- ☐ pot
- ☐ wok

Directions

- ☐ For the marinade: Puree all the ingredients, except the chicken wings, together in a food processor, and then add to the chicken wings. Marinate the wings for 24 hours.
- ☐ Mix all the ingredients into a medium-thick sauce. Refrigerate for 1 day to allow all the flavors to meld.
- ☐ For the lava sauce: In a small pot, heat the olive oil and saute the garlic until golden; remove and cool.
- ☐ Add all the other ingredients, combine completely, and refrigerate.

- ☐ Preheat the oil to 350 degrees F.
- ☐ Add the chicken wings to the oil and deep fry until they are crispy and golden, about 15 minutes.
- ☐ Remove from the oil and drain.
- ☐ Transfer the wings to a hot wok and douse with Trini Tamarind Sauce.
- ☐ Saute the wings for 1 minute in the sauce, remove, and serve with your choice of veggies or sides.
- ☐ Drizzle with Lava Sauce for an extra punch of spicy goodness.

Nutrition Facts



Properties

Glycemic Index:17.61, Glycemic Load:11.19, Inflammation Score:-10, Nutrition Score:13.70130431069%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.2mg, Luteolin: 0.2mg, Luteolin: 0.2mg, Luteolin: 0.2mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 0.27mg, Quercetin: 0.27mg, Quercetin: 0.27mg, Quercetin: 0.27mg

Nutrients (% of daily need)

Calories: 235.68kcal (11.78%), Fat: 12.2g (18.77%), Saturated Fat: 2.45g (15.33%), Carbohydrates: 25.51g (8.5%), Net Carbohydrates: 20.28g (7.37%), Sugar: 9.35g (10.39%), Cholesterol: 22.9mg (7.63%), Sodium: 718.23mg (31.23%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 9.02g (18.04%), Vitamin A: 5700.95IU (114.02%), Fiber: 5.24g (20.94%), Manganese: 0.36mg (18.22%), Vitamin K: 18.27µg (17.4%), Vitamin B3: 3.28mg (16.4%), Vitamin C: 11.49mg (13.93%), Vitamin B6: 0.28mg (13.79%), Iron: 2.06mg (11.47%), Phosphorus: 112.41mg (11.24%), Vitamin B1: 0.17mg (11.15%), Vitamin E: 1.66mg (11.07%), Potassium: 358.17mg (10.23%), Magnesium: 40.01mg (10%), Vitamin B2: 0.15mg (8.77%), Selenium: 5.67µg (8.1%), Folate: 30.9µg (7.73%), Copper: 0.14mg (7.25%), Zinc: 0.96mg (6.4%), Calcium: 48.99mg (4.9%), Vitamin B5: 0.44mg (4.35%), Vitamin B12: 0.09µg (1.56%)