



# Vietnamese Golden Chicken Wings

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

READY IN



**165 min.**

SERVINGS



**4**

CALORIES



**425 kcal**

LUNCH

MAIN COURSE

MAIN DISH

DINNER

## Ingredients

- 0.3 cup fish sauce
- 1 teaspoon pepper black freshly ground
- 12 chicken wings cut in half at joint
- 2 cloves garlic peeled coarsely chopped
- 1 tablespoon garlic powder
- 2 tablespoons juice of lemon fresh
- 0.5 onion cut into chunks
- 1 teaspoon salt

- 2 tablespoons sesame oil
- 0.3 cup soya sauce
- 1 tablespoon granulated sugar white

## Equipment

- bowl
- oven
- baking pan
- aluminum foil

## Directions

- Place the chicken wings, garlic, and onion into a large bowl.
- Pour in soy sauce, fish sauce, lemon juice, and sesame oil. Season with salt, pepper, garlic powder, and sugar; toss together until well coated. Cover and refrigerate 2 hours to overnight.
- Preheat oven to 400 degrees F (200 degrees C). Line a 9x13 inch baking dish with aluminum foil.
- Remove wings from marinade, reserving extra. Arrange wings in a single layer over bottom of prepared dish.
- Bake in preheated oven, turning once and brushing with reserved marinade, until deep, golden brown and meat juices run clear, approximately 30 minutes.

## Nutrition Facts



## Properties

Glycemic Index:44.77, Glycemic Load:2.75, Inflammation Score:-4, Nutrition Score:11.983043419278%

## Flavonoids

Eriodictyol: 0.37mg, Eriodictyol: 0.37mg, Eriodictyol: 0.37mg, Eriodictyol: 0.37mg Hesperetin: 1.09mg, Hesperetin: 1.09mg, Hesperetin: 1.09mg, Hesperetin: 1.09mg Naringenin: 0.1mg, Naringenin: 0.1mg, Naringenin: 0.1mg, Naringenin: 0.1mg Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg Myricetin: 0.03mg,

Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 2.85mg, Quercetin: 2.85mg, Quercetin: 2.85mg, Quercetin: 2.85mg

## Nutrients (% of daily need)

Calories: 424.54kcal (21.23%), Fat: 30.12g (46.34%), Saturated Fat: 7.48g (46.73%), Carbohydrates: 8.4g (2.8%), Net Carbohydrates: 7.69g (2.79%), Sugar: 4.61g (5.12%), Cholesterol: 111.02mg (37.01%), Sodium: 2637.05mg (114.65%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 29.34g (58.68%), Vitamin B3: 9.51mg (47.53%), Selenium: 24.59µg (35.14%), Vitamin B6: 0.66mg (33.21%), Phosphorus: 226.14mg (22.61%), Magnesium: 61.74mg (15.43%), Zinc: 2.12mg (14.14%), Manganese: 0.26mg (13.04%), Vitamin B5: 1.23mg (12.34%), Iron: 2.06mg (11.42%), Potassium: 361.92mg (10.34%), Vitamin B2: 0.17mg (9.88%), Vitamin B12: 0.53µg (8.85%), Vitamin B1: 0.1mg (6.66%), Vitamin C: 5.49mg (6.66%), Copper: 0.12mg (5.75%), Folate: 20.95µg (5.24%), Vitamin A: 217.28IU (4.35%), Vitamin E: 0.56mg (3.76%), Calcium: 36.95mg (3.69%), Fiber: 0.71g (2.84%), Vitamin K: 1.86µg (1.77%)