



Vietnamese Lime Chicken Wings

 Gluten Free  Dairy Free

READY IN



75 min.

SERVINGS



24

CALORIES



195 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 0.5 cup chicken powder weird I know, but it works
- ☐ 24 jumbo chicken wings whole
- ☐ 0.5 cup vietnamese chili sauce Sriracha works too
- ☐ 1 cup cilantro leaves
- ☐ 0.5 cup cooking oil
- ☐ 0.5 cup honey
- ☐ 20 kaffir lime leaves finely chopped
- ☐ 0.3 cup rice vinegar

- ☐ 1 cup roasted peanuts chopped
- ☐ 0.5 cup shallots pureed fine onion works too

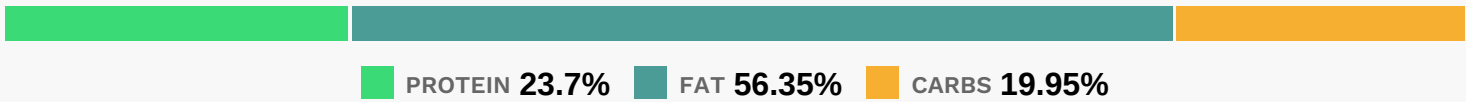
Equipment

- ☐ whisk
- ☐ grill
- ☐ ziploc bags

Directions

- ☐ Watch how to make this recipe.
- ☐ Combine the bouillon, chili sauce, honey, oil, shallots, vinegar and lime leaves and whisk together to form a uniform paste. Reserve some paste for brushing, and place the rest in a resealable plastic bag. Toss the chicken wings in the paste in the bag and allow to marinate for 30 minutes to 1 hour.
- ☐ Build a hot charcoal fire on one side of the grill. Set the chicken wings on the grill opposite of the hot coal side. Cover the grill and cook until the wings are just about cooked through, 25 to 30 minutes. Rotate the wings halfway through for even cooking.
- ☐ To finish the wings, brush with the reserved paste and grill directly over hot coals until charred slightly.
- ☐ Transfer to a platter and top with cilantro leaves and peanuts.

Nutrition Facts



Properties

Glycemic Index:6.84, Glycemic Load:3.24, Inflammation Score:-2, Nutrition Score:5.4691304460816%

Flavonoids

Quercetin: 0.35mg, Quercetin: 0.35mg, Quercetin: 0.35mg, Quercetin: 0.35mg

Nutrients (% of daily need)

Calories: 194.5kcal (9.72%), Fat: 12.31g (18.93%), Saturated Fat: 2.85g (17.84%), Carbohydrates: 9.8g (3.27%), Net Carbohydrates: 8.93g (3.25%), Sugar: 7.81g (8.67%), Cholesterol: 37.65mg (12.55%), Sodium: 1315.65mg (57.2%),

Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 11.65g (23.29%), Vitamin B3: 3.99mg (19.97%), Selenium: 9.48µg (13.55%), Vitamin B6: 0.22mg (10.88%), Phosphorus: 101.79mg (10.18%), Manganese: 0.18mg (9.18%), Magnesium: 23.69mg (5.92%), Zinc: 0.81mg (5.42%), Potassium: 182.12mg (5.2%), Vitamin B5: 0.51mg (5.05%), Vitamin B2: 0.08mg (4.55%), Iron: 0.79mg (4.41%), Copper: 0.08mg (3.79%), Vitamin B1: 0.06mg (3.72%), Folate: 13.91µg (3.48%), Fiber: 0.87g (3.47%), Vitamin A: 154.61IU (3.09%), Vitamin E: 0.46mg (3.05%), Vitamin K: 3.07µg (2.92%), Vitamin B12: 0.17µg (2.81%), Calcium: 25.06mg (2.51%), Vitamin C: 1.91mg (2.32%)