



Vietnamese Style Caramel Chicken Wings



Gluten Free



Dairy Free



Popular

READY IN



85 min.

SERVINGS



4

CALORIES



384 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 2 pounds chicken wings dry rinsed
- ☐ 2 tablespoons chili sauce or to taste (such as sriracha)
- ☐ 0.3 cup fish sauce (or soy sauce)
- ☐ 2 cloves garlic chopped
- ☐ 2 tablespoons juice of lime (- 1 lime)
- ☐ 0.5 cup sugar
- ☐ 0.3 cup water

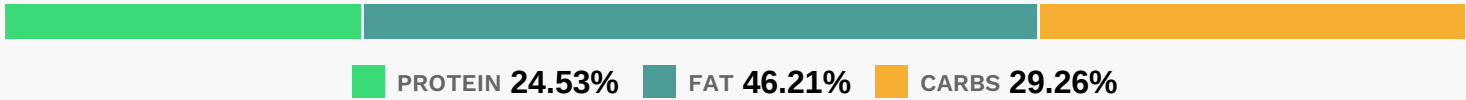
Equipment

- ☐ frying pan
- ☐ baking sheet
- ☐ sauce pan
- ☐ oven
- ☐ aluminum foil

Directions

- ☐ Simmer the water and sugar in a sauce pan over medium heat until it turns a deep amber, about 10–15 minutes.
- ☐ Mix the fish sauce, lime juice, chili sauce, and garlic and carefully add it to the pan, then heat until the caramel dissolves. Marinate the chicken wings in the sauce for 30 minutes to overnight.
- ☐ Place the chicken wings on a rack, on a foil lined baking sheet and bake in a preheated 400F oven until golden brown and crispy, about 25–30 minutes. Meanwhile place the marinade in a sauce pan and simmer over medium heat to thicken, about 7–10 minutes. Toss the wings in the caramel sauce and enjoy.

Nutrition Facts



Properties

Glycemic Index:25.02, Glycemic Load:17.59, Inflammation Score:-3, Nutrition Score:9.1682607401972%

Flavonoids

Eriodictyol: 0.16mg, Eriodictyol: 0.16mg, Eriodictyol: 0.16mg, Eriodictyol: 0.16mg Hesperetin: 0.67mg, Hesperetin: 0.67mg, Hesperetin: 0.67mg, Hesperetin: 0.67mg Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 0.06mg, Quercetin: 0.06mg, Quercetin: 0.06mg, Quercetin: 0.06mg

Nutrients (% of daily need)

Calories: 384.22kcal (19.21%), Fat: 19.68g (30.27%), Saturated Fat: 5.49g (34.33%), Carbohydrates: 28.04g (9.35%), Net Carbohydrates: 27.8g (10.11%), Sugar: 26.62g (29.57%), Cholesterol: 94.3mg (31.43%), Sodium: 1329.55mg (57.81%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 23.5g (46.99%), Vitamin B3: 7.73mg (38.67%), Selenium: 20.76µg (29.65%), Vitamin B6: 0.52mg (25.98%), Phosphorus: 169.92mg (16.99%), Magnesium: 49.44mg (12.36%), Zinc: 1.7mg (11.31%), Vitamin B5: 0.97mg (9.73%), Potassium: 275.85mg (7.88%), Vitamin B12: 0.46µg

(7.69%), Iron: 1.38mg (7.67%), Vitamin B2: 0.13mg (7.58%), Vitamin C: 4.85mg (5.88%), Vitamin B1: 0.07mg (4.81%), Vitamin A: 236.66IU (4.73%), Manganese: 0.08mg (4.16%), Copper: 0.08mg (3.89%), Vitamin E: 0.53mg (3.53%), Folate: 13.76µg (3.44%), Calcium: 26.89mg (2.69%)