

Wings 3 Ways

READY IN

ready

95 min.

SERVINGS

servings

8

CALORIES

calories

1415 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 small bunch basil
- ☐ 1 tablespoon pepper black freshly ground
- ☐ 1 cup butter 2 sticks
- ☐ 2 tablespoons cayenne pepper
- ☐ 6 pounds chicken wings whole
- ☐ 0.5 teaspoon chili powder
- ☐ 1 cup cornstarch
- ☐ 0.5 cup brown sugar dark
- ☐ 4 eggs

- ☐ 2 cups flour all-purpose
- ☐ 2 cloves garlic minced
- ☐ 0.3 cup heavy cream
- ☐ 3 tablespoons creamed honey
- ☐ 1 cup sauce red hot recommended: Frank's
- ☐ 1 juice of lemon juiced
- ☐ 2 cups catsup
- ☐ 1 lemon zest
- ☐ 1 lime zest
- ☐ 2 tablespoons salt
- ☐ 8 servings salt
- ☐ 4 teaspoons turmeric
- ☐ 2 quarts vegetable shortening for frying
- ☐ 2 tablespoons mustard yellow

Equipment

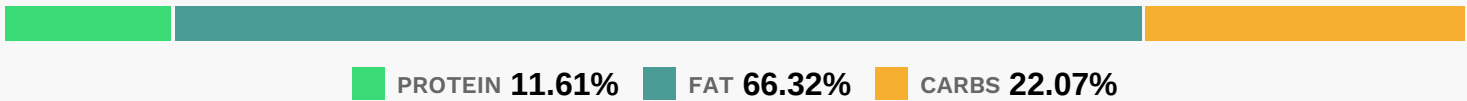
- ☐ bowl
- ☐ sauce pan
- ☐ knife
- ☐ whisk
- ☐ wire rack
- ☐ pot
- ☐ kitchen thermometer

Directions

- ☐ Watch how to make this recipe.
- ☐ In a large pot, heat vegetable shortening until a deep-fry thermometer reaches 375 degrees F. Line a sheet tray with a wire rack.

- ☐ Using kitchen shears or a sharp knife, separate the chicken wings into the drummettes and wings, discarding the wing tip joint.
- ☐ In a large bowl, whisk together eggs, cream, cayenne, 1 tablespoon salt and black pepper. In a paper bag, shake together flour, cornstarch and 1 tablespoon salt.
- ☐ Place chicken in egg mixture and toss well to coat.
- ☐ Place chicken in batches in the bag of flour mixture. Shake well to coat. Set on wire rack to let coating set, 20 minutes.
- ☐ Meanwhile make the Honey BBQ Sauce and the Spicy Butter Sauce. In a small saucepan, bring the ingredients for the Honey BBQ Sauce to a simmer over medium-high heat. Reduce heat and cook until sauce has reduced by half, about 12 minutes, stirring frequently. In another saucepan, bring the ingredients for the Spicy Butter Sauce to a simmer.
- ☐ Remove from heat and let basil infuse in butter for at least 15 minutes.
- ☐ Remove basil.
- ☐ When oil is at the right temperature, add chicken, working in batches, and fry until cooked through and crispy, about 13 minutes. Season chicken with salt then immediately toss, taking turns with batches, in the Honey BBQ sauce, or the Spicy Butter Sauce or sprinkle with the lemon and lime zest.
- ☐ Serve immediately.

Nutrition Facts



Properties

Glycemic Index:51.28, Glycemic Load:21.17, Inflammation Score:-10, Nutrition Score:26.687826239544%

Flavonoids

Eriodictyol: 0.18mg, Eriodictyol: 0.18mg, Eriodictyol: 0.18mg, Eriodictyol: 0.18mg Hesperetin: 4.14mg, Hesperetin: 4.14mg, Hesperetin: 4.14mg, Hesperetin: 4.14mg Naringenin: 0.34mg, Naringenin: 0.34mg, Naringenin: 0.34mg, Naringenin: 0.34mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.58mg, Quercetin: 0.58mg, Quercetin: 0.58mg, Quercetin: 0.58mg

Nutrients (% of daily need)

Calories: 1414.88kcal (70.74%), Fat: 105.34g (162.06%), Saturated Fat: 37.2g (232.51%), Carbohydrates: 78.89g (26.3%), Net Carbohydrates: 76.4g (27.78%), Sugar: 33.49g (37.21%), Cholesterol: 292.7mg (97.57%), Sodium:

3804.45mg (165.41%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 41.48g (82.95%), Selenium: 49.07µg (70.11%), Vitamin B3: 13.89mg (69.44%), Vitamin B6: 0.87mg (43.69%), Vitamin A: 2136.63IU (42.73%), Vitamin E: 5.81mg (38.74%), Phosphorus: 365.03mg (36.5%), Vitamin K: 36.12µg (34.4%), Vitamin B2: 0.57mg (33.3%), Manganese: 0.58mg (29.11%), Iron: 4.83mg (26.82%), Vitamin B1: 0.38mg (25.39%), Vitamin B5: 2.36mg (23.6%), Zinc: 3.27mg (21.8%), Folate: 86.08µg (21.52%), Potassium: 644.13mg (18.4%), Magnesium: 62.16mg (15.54%), Vitamin B12: 0.84µg (14.06%), Vitamin C: 10.33mg (12.52%), Copper: 0.24mg (12.21%), Fiber: 2.49g (9.94%), Calcium: 90.55mg (9.05%), Vitamin D: 0.74µg (4.95%)