

Sticky Garlic Chicken Wings

Meal time: Lunch/ Dinner

Meal course: Main

Meal type: Meat, Gluten free, Lactose Free

Country of Origin: China

Difficulty: Easy

Servings: 8

Total time: 50 minutes

Ingredients

125 ml soy sauce
 1/2 teaspoon ground ginger
 1350 g chicken wings
 3 garlic cloves, crushed
 120 g light brown sugar

Nutrition Facts

	Amount per serving
Calories	299
Total Fat	6.1g
Saturated Fat	1.6g
Cholesterol	96 mg
Sodium	361 mg
Total Carbohydrate	18 g
Dietary fibre	0 g
Total Sugars	15 g
Protein	42 g
Vitamin D	8 IU
Calcium	51 mg
Iron	2.28 mg
Potassium	522 mg

Instructions

1. Mix together all the ingredients in a bowl except for chicken.
2. Set a wire rack over a rimmed baking sheet lined with aluminium foil. Place chicken pieces on the rack skin side up.
3. Baste with the prepared marinade and bake in a preheated oven at 200 °C, for 15 minutes.
4. Then flip over the wings and baste another side with the marinade and continue baking for further 15 minutes.
5. Flip over, baste and bake for 10 minutes. Flip over, baste with the sauce again and cook for 10 more minutes. Serve warm!

Notes: if you do not have brown sugar, you can use honey or maple syrup. This dish is a great option for high protein diets.