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## Sweet Chili Wings

Sweet Chili Wings are a delicious and flavorful appetizer. They are crispy on the outside and tender on the inside, with a sticky and spicy sweet chili sauce. These wings are perfect for game day or any gathering.

**Recipe Type:** Standard

**Prep Time:** 15 mins

**Cook Time:** 30 mins

**Total Time:** 45 mins

**Recipe Yield:** 500 grams

**Number of Servings:** 6

**Serving Size:** 83 g

### Ingredients

<b>500 g</b>	Chicken Wings
<b>50 g</b>	cornstarch
<b>250 ml</b>	vegetable oil
<b>150 g</b>	sweet chili sauce
<b>30 ml</b>	soy sauce

<b>2 tsp</b>	garlic powder
<b>1 tsp</b>	salt
<b>1 tsp</b>	black pepper
<b>20 g</b>	Green Onions
<b>10 g</b>	Sesame Seeds

## Directions

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### Step 1

#### Preheating

Preheat the oven to 425°F (220°C).

**Prep Time:** 5 mins

**Cook Time:** 0 mins

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### Step 2

#### Mixing

In a large bowl, toss the chicken wings with cornstarch until evenly coated.

**Prep Time:** 5 mins

**Cook Time:** 0 mins

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### Step 3

#### Baking

Place the coated wings on a baking sheet lined with parchment paper.

**Prep Time:** 2 mins

**Cook Time:** 25 mins

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## Step 4

Stove

While the wings are baking, prepare the sweet chili sauce by combining sweet chili sauce, soy sauce, garlic powder, salt, and black pepper in a small saucepan over medium heat. Cook until the sauce thickens, about 5 minutes.

**Prep Time:** 5 mins

**Cook Time:** 5 mins

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## Step 5

Baking

Remove the wings from the oven and brush them with the sweet chili sauce. Return the wings to the oven and bake for an additional 5 minutes.

**Prep Time:** 2 mins

**Cook Time:** 5 mins

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## Step 6

Garnishing

Garnish the wings with sliced green onions and sesame seeds before serving.

**Prep Time:** 1 mins

**Cook Time:** 0 mins

## Nutrition Facts

**Calories:** 250 kcal

**Fat:** 15 g

**Protein:** 20 g

**Carbohydrates:** 10 g

## Nutrition Facts

### Proteins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Protein	20 g	117.65%	117.65%

### Carbohydrates

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Carbohydrates	10 g	18.18%	20%

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Fibers	1 g	2.63%	4%
Sugars	5 g	N/A	N/A
Lactose	0 g	N/A	N/A

## Fats

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Monounsaturated Fat	5 g	N/A	N/A
Saturated Fat	2 g	9.09%	11.76%
Fat	15 g	53.57%	60%
Cholesterol	60 mg	N/A	N/A

## Vitamins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Vitamin A	2 iu	0.22%	0.29%
Vitamin C	6 mg	6.67%	8%
Vitamin B6	10 mg	769.23%	769.23%
Vitamin B12	6 mcg	250%	250%
Vitamin E	2 mg	13.33%	13.33%
Vitamin D	0 mcg	0%	0%

## Minerals

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Sodium	600 mg	26.09%	26.09%
Calcium	2 mg	0.2%	0.2%
Iron	8 mg	100%	44.44%
Potassium	300 mg	8.82%	11.54%
Zinc	15 mg	136.36%	187.5%
Selenium	15 mcg	27.27%	27.27%

## Recipe Attributes

### Events

Barbecue

Game Day

### Course

Appetizers

Main Dishes

Snacks

### Diet

Anti-Inflammatory Diet

### Cooking Method

Grilling

Baking

Steaming

Simmering

Serving

### Healthy For

Gastroesophageal reflux disease (GERD)

Gastritis

Peptic ulcer disease

Irritable bowel syndrome (IBS)

Celiac disease

Diverticulitis

Hemorrhoids

Appendicitis

Gallstones

Pancreatitis

## Meal Type

Snack

Supper

## Difficulty Level

Easy

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