



Hot Wings



prep time
65 minutes



total time
1 hr, 25 min



servings
6

Ingredients

- 2 pounds/450 grams chicken wings
~ 20 protein servings, 2 servings of fat
- 1 tablespoon sesame oil ~ 1 fat serving
- 2 teaspoons toasted sesame oil
~ 2/3 fat serving
- 1/4 cup sriracha or to your taste
~ 1 carb serving
- 2 tablespoons honey ~ 2 servings carb
(not on the recommended food list, but this is what it would roughly equate to)
- 2 tablespoons coconut aminos or soy sauce
- 1 tablespoon rice vinegar
- 2 cloves garlic minced or grated
- oil for the pan

Instructions

- 1** In a large bowl, mix together the marinade ingredients (everything but the chicken wings.) Add the chicken wings and mix well. Marinate in the fridge for 1 hour. Remove the wings from the marinade, reserving the marinade.
- 2** **Indoors:** Heat a bit of oil in a large nonstick pan over medium to medium- high heat. Add the chicken wings, cover and cook, flipping every so often until cooked through, about 12-15 minutes. Remove the lid, add the remaining marinade and turn the heat up to high to reduce the sauce. Enjoy immediately.
- 3** **Grill:** When ready to cook, set the grill at medium to medium-high heat. Brush the grill with oil and grill the chicken wings, brushing with



the remaining marinade and turning every so often until charred and cooked through, about 14-18 minutes.

Whole Recipe Breakdown:
Protein Servings: 20
Carb Servings: 3
Fat Servings: 3 2/3
Veggie Servings: 0