

Crispy Chinese Garlic Chicken Wings

Yield: 3 min
Total Time: 50 min

Recipe from: <https://www.recipeschoose.com/recipes/crispy-chinese-garlic-wings-recipe>

Ingredients:

- 2 pounds chicken wings separated into wings and drumettes
- 1 egg white
- 1 teaspoon chinese five-spice powder
- 1/4 cup soy sauce
- 4 cloves garlic minced
- scallions

Nutrition:

1. Calories: 700 calories
2. Carbohydrate: 4 grams
3. Cholesterol: 235 milligrams
4. Fat: 48 grams
5. Fiber: 1 grams
6. Protein: 57 grams
7. SaturatedFat: 12 grams
8. Sodium: 1440 milligrams
9. Sugar: 1 grams

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