

Keto Korean Chicken Wings

Hands-on 15 minutes Overall 50 minutes

Nutritional values (per serving): Total carbs: 3.9 g, Fiber: 0.6 g, **Net carbs: 3.3 g,**

Protein: 12.8 g, Fat: 18.7 g, Calories: 236 kcal,

[Original recipe](#), [Keto Diet App](#) - The ultimate low-carb diet app



Ingredients (makes 6 servings as appetizers)

14-16 chicken wings, cut at joints (~ 1.4 kg/ 3 lbs) - *freeze the wingtips for later to make chicken stock or bone broth.*

Sauce:

3 cloves garlic, minced

1/4 cup Gochujang (Korean chili paste) or Sriracha (60 g/ 2.1 oz) - *you can make your own*

2 tbsp coconut aminos or tamari sauce (30 ml)

1/2 tbsp apple cider vinegar

2 tbsp Swerve or Erythritol (20 g/ 0.7 oz)

2 tbsp water (30 ml)

1 tsp toasted sesame oil

1 tbsp fresh minced ginger

1 tbsp sesame seeds

1 green onion, thinly sliced (15 g/ 0.5 oz)

Dipping Sauce:

1/4 cup mayonnaise (55 g/ 1.9 oz) - *you can make your own*

2 tbsp Gochujang or Sriracha (30 g/ 1.1 oz) - *you can make your own*

1 tbsp lime juice (15 ml)

Instructions

1. Preheat oven to 230 °C/ 450 °F (conventional), or 210 °C/ 410 °F (fan assisted). Dry the chicken wings by patting them with a paper towel (to learn how to cut chicken wings, see this recipe, step 1).
2. Heat a large cast iron skillet over medium high heat and sear the wings 2-3 minutes per side.
3. Transfer to the oven and bake another 20-30 minutes until golden and crisp. (*Tip: For extra crispy chicken wings, follow this oven-baked method using baking powder.*)

4. Place the sauce ingredients in a small pot and combine over low heat until hot. Toss with the cooked wings.
5. Garnish with sesame seeds and green onion. Serve immediately.

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