



Baked Chicken Wings



Gluten Free



Dairy Free

READY IN



70 min.

SERVINGS



10

CALORIES



148 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 10 chicken wings
- ☐ 2 teaspoons chili powder
- ☐ 3 cloves garlic pressed
- ☐ 1 teaspoon garlic powder
- ☐ 10 servings salt and ground pepper black to taste
- ☐ 3 tablespoons olive oil

Equipment

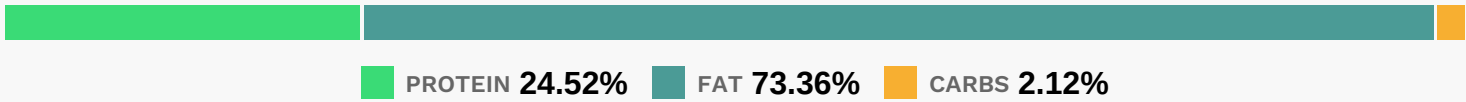
- ☐ baking sheet

☐ oven

Directions

- ☐ Preheat the oven to 375 degrees F (190 degrees C).
- ☐ Combine the olive oil, garlic, chili powder, garlic powder, salt, and pepper in a large, resealable bag; seal and shake to combine.
- ☐ Add the chicken wings; reseal and shake to coat. Arrange the chicken wings on a baking sheet.
- ☐ Cook the wings in the preheated oven 1 hour, or until crisp and cooked through.

Nutrition Facts



Properties

Glycemic Index:6.7, Glycemic Load:0.11, Inflammation Score:-2, Nutrition Score:3.7317391271177%

Flavonoids

Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg

Nutrients (% of daily need)

Calories: 147.53kcal (7.38%), Fat: 11.94g (18.37%), Saturated Fat: 2.75g (17.16%), Carbohydrates: 0.78g (0.26%), Net Carbohydrates: 0.57g (0.21%), Sugar: 0.05g (0.05%), Cholesterol: 37.01mg (12.34%), Sodium: 42.08mg (1.83%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 8.98g (17.96%), Vitamin B3: 2.9mg (14.52%), Selenium: 7.74µg (11.05%), Vitamin B6: 0.19mg (9.65%), Phosphorus: 67.42mg (6.74%), Vitamin E: 0.91mg (6.04%), Zinc: 0.68mg (4.51%), Vitamin B5: 0.38mg (3.81%), Vitamin A: 189.88IU (3.8%), Iron: 0.59mg (3.28%), Vitamin K: 3.13µg (2.98%), Vitamin B2: 0.05mg (2.8%), Potassium: 91.33mg (2.61%), Vitamin B12: 0.15µg (2.56%), Magnesium: 9.87mg (2.47%), Manganese: 0.05mg (2.31%), Vitamin B1: 0.03mg (1.82%), Copper: 0.03mg (1.47%)