



Crispy Ranch Chicken Wings

READY IN



50 min.

SERVINGS



12

CALORIES



144 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 2 cups cornflakes
- 0.3 cup parmesan cheese grated
- 1 oz ranch seasoning (milk recipe)
- 2 eggs
- 2 lb chicken wings
- 1 serving ranch dressing prepared for dipping

Equipment

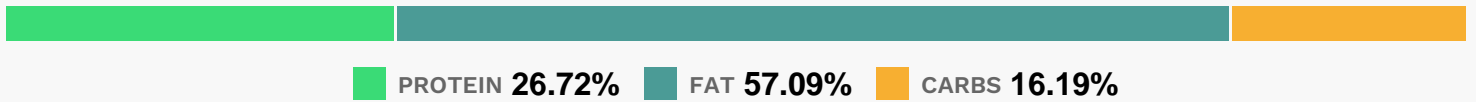
- bowl

- baking sheet
- oven
- whisk
- aluminum foil

Directions

- Heat oven to 350°F. Line cookie sheet with foil.
- Crush cereal; place in large bowl.
- Add cheese and dressing mix; mix well. In separate bowl, beat eggs with fork or whisk.
- Dip each chicken wing in eggs; coat evenly with cereal mixture.
- Place on cookie sheet.
- Bake 35 minutes, turning chicken halfway through baking, or until juice of chicken is clear when thickest part is cut to bone (165°F).
- Serve with ranch dressing for dipping.

Nutrition Facts



Properties

Glycemic Index:0, Glycemic Load:0, Inflammation Score:-2, Nutrition Score:5.3847825734512%

Nutrients (% of daily need)

Calories: 143.86kcal (7.19%), Fat: 8.93g (13.74%), Saturated Fat: 2.56g (16%), Carbohydrates: 5.7g (1.9%), Net Carbohydrates: 5.54g (2.02%), Sugar: 0.59g (0.65%), Cholesterol: 61.18µg (20.39%), Sodium: 310.4mg (13.5%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 9.41g (18.81%), Vitamin B3: 3.26mg (16.31%), Selenium: 9.78µg (13.98%), Vitamin B6: 0.24mg (12.07%), Iron: 1.88mg (10.45%), Phosphorus: 91.03mg (9.1%), Vitamin B2: 0.15mg (8.81%), Vitamin B12: 0.46µg (7.69%), Vitamin B1: 0.09mg (5.73%), Folate: 21.96µg (5.49%), Zinc: 0.78mg (5.19%), Vitamin B5: 0.46mg (4.63%), Vitamin A: 201.93IU (4.04%), Vitamin K: 3.41µg (3.25%), Calcium: 28.36mg (2.84%), Magnesium: 10.9mg (2.73%), Potassium: 87.08mg (2.49%), Vitamin D: 0.37µg (2.46%), Vitamin E: 0.27mg (1.81%), Copper: 0.03mg (1.63%), Vitamin C: 1.27mg (1.53%)