



## Easy Lemon Pepper Chicken Wings



Gluten Free



Dairy Free



Low Fod Map

READY IN



20 min.

SERVINGS



12

CALORIES



129 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

### Ingredients

- 12 chicken wings
- 1 tablespoon lemon pepper seasoning mccormick® (such as )
- 2 tablespoons olive oil extra-virgin

### Equipment

- bowl
- sauce pan
- kitchen thermometer

## Directions

- Heat oil in a deep-fryer or large saucepan to 375 degrees F (190 degrees C).
- Stir olive oil and lemon pepper together in a bowl.
- Fry the chicken wings in hot oil until no longer pink at the bone and the juices run clear, about 8 minutes. An instant-read thermometer inserted near the bone should read 165 degrees F (74 degrees C).
- Toss hot wings with olive oil mixture to coat.

## Nutrition Facts

**PROTEIN 27.92%** **FAT 71.07%** **CARBS 1.01%**

## Properties

Glycemic Index:2.67, Glycemic Load:0.06, Inflammation Score:-1, Nutrition Score:3.3247826319674%

## Nutrients (% of daily need)

Calories: 128.57kcal (6.43%), Fat: 10.02g (15.42%), Saturated Fat: 2.48g (15.51%), Carbohydrates: 0.32g (0.11%), Net Carbohydrates: 0.19g (0.07%), Sugar: 0g (0%), Cholesterol: 37.01mg (12.34%), Sodium: 35.23mg (1.53%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 8.86g (17.72%), Vitamin B3: 2.85mg (14.27%), Selenium: 7.47µg (10.68%), Vitamin B6: 0.17mg (8.48%), Phosphorus: 64.23mg (6.42%), Zinc: 0.65mg (4.3%), Vitamin B5: 0.38mg (3.75%), Manganese: 0.07mg (3.62%), Vitamin E: 0.49mg (3.24%), Iron: 0.52mg (2.88%), Vitamin B12: 0.15µg (2.56%), Vitamin B2: 0.04mg (2.54%), Magnesium: 9.51mg (2.38%), Potassium: 81.64mg (2.33%), Vitamin K: 2.22µg (2.12%), Vitamin B1: 0.02mg (1.57%), Vitamin A: 73.38IU (1.47%), Copper: 0.03mg (1.32%)