

# Fried Turkey Wings

 **Gluten Free**  **Dairy Free**

READY IN



**270 min.**

SERVINGS



**36**

CALORIES



**198 kcal**

ANTIPASTI

STARTER

SNACK

APPETIZER

## Ingredients

- 1 gallon canola oil for deep frying
- 1 teaspoon ground pepper
- 2 teaspoons garlic powder
- 1 teaspoon seafood seasoning old bay® (such as )
- 1 tablespoon lawry's seasoned salt
- 2 turkey wings

## Equipment

- sauce pan

ziploc bags

## Directions

- Season the turkey wing pieces on all sides with seasoned salt, seafood seasoning, cayenne pepper, and garlic powder.
- Place into a plastic bag, and refrigerate 4 hours to overnight.
- Heat oil in a deep-fryer or large saucepan to 350 degrees F (175 degrees C).
- Cook the turkey wings in the hot oil for 15 minutes, then turn the wings over, and continue cooking until the meat is no longer pink at the bone, 10 to 15 minutes.

## Nutrition Facts

 **PROTEIN 3.92%**  **FAT 95.7%**  **CARBS 0.38%**

## Properties

Glycemic Index:1.03, Glycemic Load:0.01, Inflammation Score:-2, Nutrition Score:2.3669564864882%

## Nutrients (% of daily need)

Calories: 197.85kcal (9.89%), Fat: 21.34g (32.84%), Saturated Fat: 1.8g (11.25%), Carbohydrates: 0.19g (0.06%), Net Carbohydrates: 0.15g (0.06%), Sugar: 0.01g (0.01%), Cholesterol: 6.67mg (2.22%), Sodium: 199.16mg (8.66%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.97g (3.93%), Vitamin E: 3.55mg (23.64%), Vitamin K: 14.86µg (14.16%), Selenium: 2.18µg (3.12%), Vitamin B6: 0.04mg (2.2%), Vitamin B3: 0.43mg (2.15%), Phosphorus: 16.67mg (1.67%), Zinc: 0.16mg (1.04%)