



Lemon Pepper Chicken Wings



Gluten Free



Dairy Free



Low Fod Map



READY IN

ready

45 min.

SERVINGS

servings

6

CALORIES

calories

403 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 3 pound chicken wings
- ☐ 2 tablespoons sea salt
- ☐ 2 tablespoons ground pepper black
- ☐ 0.3 cup lemon zest finely grated
- ☐ 6 tablespoons olive oil

Equipment

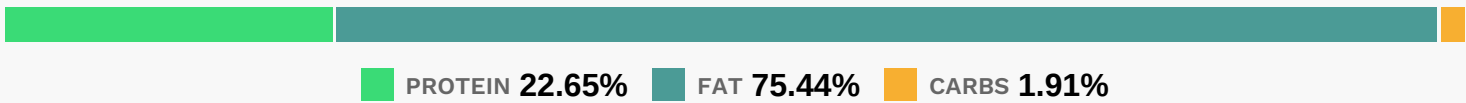
- ☐ bowl
- ☐ baking sheet

- ☐ baking paper
- ☐ oven
- ☐ whisk
- ☐ kitchen thermometer

Directions

- ☐ Preheat oven to 425 degrees F (220 degrees C). Line a baking sheet with parchment paper.
- ☐ Whisk olive oil, lemon zest, salt, and black pepper together in a bowl; add wings and toss to coat.
- ☐ Spread coated wings in a single layer onto the prepared baking sheet.
- ☐ Bake in the preheated oven until no longer pink at the bone and the juices run clear, about 35 minutes. An instant-read thermometer inserted near the bone should read 165 degrees F (74 degrees C).
- ☐ Bake longer for a crispier skin.

Nutrition Facts



Properties

Glycemic Index:5.33, Glycemic Load:0.25, Inflammation Score:-2, Nutrition Score:9.8995652224707%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg

Nutrients (% of daily need)

Calories: 402.54kcal (20.13%), Fat: 33.64g (51.75%), Saturated Fat: 7.45g (46.55%), Carbohydrates: 1.92g (0.64%), Net Carbohydrates: 0.99g (0.36%), Sugar: 0.18g (0.2%), Cholesterol: 94.3mg (31.43%), Sodium: 2415.8mg (105.03%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 22.72g (45.43%), Vitamin B3: 7.3mg (36.48%), Selenium: 19.11µg (27.31%), Vitamin B6: 0.44mg (22.07%), Phosphorus: 165.3mg (16.53%), Vitamin E: 2.41mg (16.09%), Manganese: 0.28mg (14.16%), Vitamin K: 11.7µg (11.14%), Zinc: 1.67mg (11.12%), Vitamin B5: 0.98mg (9.79%), Iron: 1.49mg (8.27%), Vitamin C: 6.02mg (7.29%), Vitamin B2: 0.11mg (6.74%), Magnesium: 26.12mg (6.53%), Vitamin B12: 0.39µg (6.53%), Potassium: 224.65mg (6.42%), Vitamin B1: 0.06mg (4.22%), Copper: 0.08mg (4.11%), Vitamin A: 192.97IU (3.86%), Fiber: 0.93g (3.72%), Calcium: 30.5mg (3.05%), Folate: 5.76µg (1.44%)