



Oven Crisp Chicken Wings

♥ Popular

READY IN



65 min.

SERVINGS



4

CALORIES



387 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 teaspoon pepper black
- ☐ 3 tablespoons butter
- ☐ 0.3 teaspoon cayenne pepper
- ☐ 10 chicken wings
- ☐ 0.3 cup flour
- ☐ 1 teaspoon garlic salt
- ☐ 1 tablespoon paprika

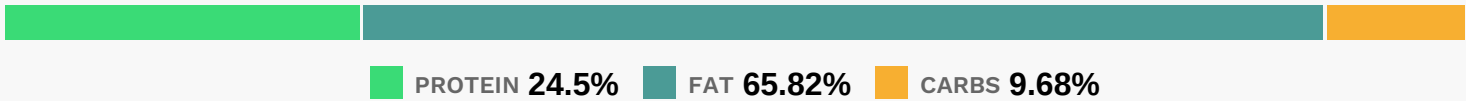
Equipment

- ☐ frying pan
- ☐ baking sheet
- ☐ paper towels
- ☐ oven
- ☐ aluminum foil
- ☐ ziploc bags

Directions

- ☐ Cut wings at joints.2 Preheat oven to 425 degrees.3 Be sure wings are thawed and dry them well with paper towels.4
- ☐ Combine flour, paprika, garlic salt, black pepper and cayenne pepper in a plastic bag.5 Shake to mix ingredients and add wings.6 Line a large baking sheet with Release foil and melt the butter on it. (Makes for easy clean up.).7
- ☐ Add wings to pan and turn to coat.8
- ☐ Bake for 30 minutes.9 Turn wings over and bake for 15 more minutes or until crispy and done.

Nutrition Facts



Properties

Glycemic Index:51, Glycemic Load:5.88, Inflammation Score:-7, Nutrition Score:11.06217382006%

Nutrients (% of daily need)

Calories: 386.52kcal (19.33%), Fat: 28.07g (43.18%), Saturated Fat: 10.84g (67.78%), Carbohydrates: 9.29g (3.1%), Net Carbohydrates: 8.24g (3%), Sugar: 0.23g (0.26%), Cholesterol: 115.09mg (38.36%), Sodium: 738.13mg (32.09%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 23.5g (47.01%), Vitamin B3: 7.93mg (39.66%), Selenium: 22.41µg (32.01%), Vitamin A: 1355.71IU (27.11%), Vitamin B6: 0.47mg (23.37%), Phosphorus: 179.02mg (17.9%), Zinc: 1.77mg (11.78%), Iron: 2.06mg (11.44%), Vitamin B2: 0.18mg (10.84%), Vitamin B5: 1.03mg (10.28%), Vitamin B1: 0.15mg (9.78%), Manganese: 0.19mg (9.41%), Vitamin E: 1.16mg (7.75%), Potassium: 250.28mg (7.15%), Magnesium: 28.3mg (7.08%), Vitamin B12: 0.4µg (6.71%), Folate: 25.26µg (6.31%), Copper: 0.08mg (4.22%), Fiber: 1.05g (4.21%), Vitamin K: 3.09µg (2.94%), Calcium: 25.27mg (2.53%), Vitamin C: 0.95mg (1.15%)