

Taco Chicken Wings

READY IN



45 min.

SERVINGS



12

CALORIES



165 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 6 tablespoons butter
- ☐ 2 lb chicken wings
- ☐ 0.5 cup flour all-purpose
- ☐ 1 package taco seasoning

Equipment

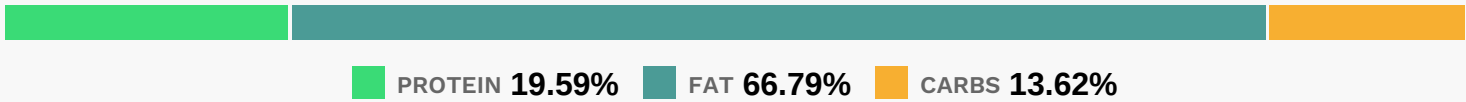
- ☐ frying pan
- ☐ oven
- ☐ roasting pan

☐ ziploc bags

Directions

- ☐ Heat oven to 350F. In large roasting pan, melt butter in oven.
- ☐ In large resealable food-storage plastic bag, mix flour and taco seasoning mix.
- ☐ Add chicken wings, a few at a time; shake to coat evenly.
- ☐ Place chicken in pan, turning each to coat with butter.
- ☐ Bake 35 minutes or until juice of chicken is clear when thickest part is cut to bone (165F).

Nutrition Facts



Properties

Glycemic Index:10.42, Glycemic Load:2.88, Inflammation Score:-4, Nutrition Score:3.891304332277%

Nutrients (% of daily need)

Calories: 165.26kcal (8.26%), Fat: 12.25g (18.84%), Saturated Fat: 5.43g (33.97%), Carbohydrates: 5.62g (1.87%), Net Carbohydrates: 4.93g (1.79%), Sugar: 0.57g (0.63%), Cholesterol: 46.48mg (15.49%), Sodium: 310.23mg (13.49%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 8.08g (16.16%), Vitamin B3: 2.73mg (13.65%), Selenium: 8.16µg (11.66%), Vitamin A: 508.55IU (10.17%), Vitamin B6: 0.15mg (7.27%), Phosphorus: 61.19mg (6.12%), Iron: 0.83mg (4.6%), Vitamin B1: 0.06mg (4.06%), Zinc: 0.59mg (3.9%), Vitamin B2: 0.06mg (3.77%), Vitamin B5: 0.34mg (3.43%), Folate: 11.37µg (2.84%), Fiber: 0.69g (2.76%), Vitamin B12: 0.14µg (2.38%), Magnesium: 8.63mg (2.16%), Manganese: 0.04mg (2.14%), Potassium: 70.94mg (2.03%), Vitamin C: 1.6mg (1.94%), Vitamin E: 0.29mg (1.92%), Copper: 0.02mg (1.21%)