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Cabos 7 Spice Wings ••

Cabos 7 Spice Wings is a delicious and flavorful chicken wings recipe that is perfect for any occasion. The wings are marinated in a special blend of spices and then cooked to perfection. They are crispy on the outside and juicy on the inside. These wings are great for parties, game days, or just a casual dinner with friends and family.

Recipe Type: Standard

Prep Time: 15 mins

Cook Time: 25 mins

Total Time: 40 mins

Recipe Yield: 500 grams

Number of Servings: 5

Serving Size: 100 g

Ingredients

1000 g	Chicken Wings
2 tsp	salt
2 tsp	paprika
2 tsp	garlic powder
2 tsp	onion powder

1 tsp	cayenne pepper
1 tsp	black pepper
2 tbsp	olive oil

Directions

Step 1

Oven

Preheat the oven to 425°F (220°C).

Prep Time: 5 mins

Cook Time: 0 mins

Step 2

Mixing

In a small bowl, mix together the salt, paprika, garlic powder, onion powder, cayenne pepper, and black pepper.

Prep Time: 5 mins

Cook Time: 0 mins

Step 3

Mixing

Place the chicken wings in a large bowl and drizzle with olive oil. Sprinkle the spice mixture over the wings and toss to coat evenly.

Prep Time: 5 mins

Cook Time: 0 mins

Step 4

Baking

Spread the wings in a single layer on a baking sheet lined with parchment paper. Bake for 20-25 minutes, or until the wings are crispy and cooked through.

Prep Time: 0 mins

Cook Time: 25 mins

Nutrition Facts

Calories: 218 kcal

Fat: 13 g

Protein: 24 g

Carbohydrates: 2 g

Nutrition Facts

Proteins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Protein	24 g	141.18%	141.18%

Carbohydrates

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Carbohydrates	2 g	3.64%	4%
Fibers	1 g	2.63%	4%
Sugars	0 g	N/A	N/A
Lactose	0 g	N/A	N/A

Fats

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Monounsaturated Fat	6 g	N/A	N/A
Saturated Fat	2 g	9.09%	11.76%
Fat	13 g	46.43%	52%
Cholesterol	94 mg	N/A	N/A

Vitamins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
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Vitamin A	10 iu	1.11%	1.43%
Vitamin C	0 mg	0%	0%
Vitamin B6	10 mg	769.23%	769.23%
Vitamin B12	8 mcg	333.33%	333.33%
Vitamin E	2 mg	13.33%	13.33%
Vitamin D	0 mcg	0%	0%

Minerals

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Sodium	580 mg	25.22%	25.22%
Calcium	1 mg	0.1%	0.1%
Iron	8 mg	100%	44.44%
Potassium	240 mg	7.06%	9.23%
Zinc	8 mg	72.73%	100%
Selenium	40 mcg	72.73%	72.73%

Recipe Attributes

Events

Barbecue

Game Day

Kitchen Tools

Microwave

Course

Appetizers

Main Dishes

Side Dishes

Drinks

Salads

Snacks

Sauces & Dressings

Cultural

Chinese New Year

Halloween

Cost

Under \$10

Demographics

Kids Friendly

Teen Friendly

Lactation Friendly

Diabetic Friendly

Heart Healthy

Diet

Mediterranean Diet

DASH Diet (Dietary Approaches to Stop Hypertension)

Meal Type

Lunch

Dinner

Snack

Difficulty Level

Easy

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