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Mighty Wings ♦♦

Mighty Wings are a delicious and flavorful chicken wing recipe that is perfect for any occasion. These wings are crispy on the outside and juicy on the inside, with a tangy and spicy flavor that will leave you wanting more. They are great for game day, parties, or just a fun and tasty meal. The recipe for Mighty Wings has been passed down through generations and is loved by all who try it.

Recipe Type: Standard

Prep Time: 15 mins

Cook Time: 25 mins

Total Time: 40 mins

Recipe Yield: 300 grams

Number of Servings: 3

Serving Size: 100 g

Ingredients

900 g	Chicken Wings
1 tsp	salt
1 tsp	black pepper
1 tsp	paprika

1 tsp	garlic powder
1 tsp	onion powder
1 tsp	cayenne pepper
3 tbsp	hot sauce
3 tbsp	butter
3 tbsp	vegetable 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, black pepper, paprika, garlic powder, onion powder, and cayenne pepper.

Prep Time: 5 mins

Cook Time: 0 mins

Step 3

Preparation

Place the chicken wings on a baking sheet and sprinkle the spice mixture evenly over them.

Prep Time: 5 mins

Cook Time: 0 mins

Step 4

Baking

Bake the wings in the preheated oven for 25 minutes, or until they are crispy and cooked through.

Prep Time: 0 mins

Cook Time: 25 mins

Step 5

Stove

While the wings are baking, melt the butter in a small saucepan over low heat.

Prep Time: 0 mins

Cook Time: 5 mins

Step 6

Remove the wings from the oven and place them in a large bowl.

Prep Time: 0 mins

Cook Time: 0 mins

Step 7

Mixing

Pour the melted butter and hot sauce over the wings and toss to coat them evenly.

Prep Time: 0 mins

Cook Time: 0 mins

Step 8

Serving

Serve the Mighty Wings hot and enjoy!

Prep Time: 0 mins

Cook Time: 0 mins

Nutrition Facts

Calories: 286 kcal

Fat: 18 g

Protein: 27 g

Carbohydrates: 2 g

Nutrition Facts

Proteins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Protein	27 g	158.82%	158.82%

Carbohydrates

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

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Saturated Fat	5 g	22.73%	29.41%
Fat	18 g	64.29%	72%
Cholesterol	104 mg	N/A	N/A

Vitamins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Vitamin A	6 iu	0.67%	0.86%
Vitamin C	0 mg	0%	0%
Vitamin B6	1 mg	76.92%	76.92%
Vitamin B12	1 mcg	41.67%	41.67%
Vitamin E	1 mg	6.67%	6.67%
Vitamin D	0 mcg	0%	0%

Minerals

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Sodium	489 mg	21.26%	21.26%
Calcium	2 mg	0.2%	0.2%
Iron	9 mg	112.5%	50%
Potassium	267 mg	7.85%	10.27%

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Zinc	2 mg	18.18%	25%
Selenium	23 mcg	41.82%	41.82%

Recipe Attributes

Events

Barbecue Game Day

Kitchen Tools

Slow Cooker

Course

Appetizers Snacks Sauces & Dressings

Cultural

Chinese New Year Diwali Halloween

Cost

Under \$10

Demographics

Kids Friendly Teen Friendly

Diet

MIND Diet (Mediterranean-DASH Diet Intervention for Neurodegenerative Delay)

Vegetarian Diet Vegan Diet Pescatarian Diet Ovo-Vegetarian Diet

Lacto-Ovo Vegetarian Diet The Fast Metabolism Diet Nutrient Timing Diet

Meal Type

Snack

Supper

Difficulty Level

Easy

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