



Healthdor

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Wings (no sauce) ♦♦

This recipe is for delicious wings without any sauce. It is perfect for those who prefer a simple and flavorful wing experience.

Recipe Type: Standard

Prep Time: 10 mins

Cook Time: 25 mins

Total Time: 35 mins

Recipe Yield: 500 grams

Number of Servings: 4

Serving Size: 125 g

Ingredients

500 g	Chicken Wings
1 tsp	salt
1 tsp	black pepper
1 tsp	garlic powder
1 tsp	onion powder
1 tsp	paprika

0.5 tsp cayenne pepper

Directions

Step 1

Oven

Preheat the oven to 400°F (200°C).

Prep Time: 5 mins

Cook Time: 0 mins

Step 2

Mixing

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

Prep Time: 5 mins

Cook Time: 0 mins

Step 3

Place the chicken wings on a baking sheet lined with parchment paper.

Prep Time: 0 mins

Cook Time: 0 mins

Step 4

Sprinkling

Sprinkle the seasoning mixture evenly over the wings.

Prep Time: 0 mins

Cook Time: 0 mins

Step 5

Baking

Bake the wings in the preheated oven for 25 minutes or until they are golden brown and crispy.

Prep Time: 0 mins

Cook Time: 25 mins

Step 6

Resting

Remove the wings from the oven and let them rest for a few minutes before serving.

Prep Time: 0 mins

Cook Time: 0 mins

Step 7

Serving

Serve the wings hot and enjoy!

Prep Time: 0 mins

Cook Time: 0 mins

Nutrition Facts

Calories: 360 kcal

Fat: 20 g

Protein: 40 g

Carbohydrates: 2 g

Nutrition Facts

Proteins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Protein	40 g	235.29%	235.29%

Carbohydrates

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
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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	10 g	N/A	N/A
Saturated Fat	3 g	13.64%	17.65%
Fat	20 g	71.43%	80%
Cholesterol	150 mg	N/A	N/A

Vitamins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Vitamin A	10 iu	1.11%	1.43%
Vitamin C	0 mg	0%	0%
Vitamin B6	20 mg	1538.46%	1538.46%
Vitamin B12	15 mcg	625%	625%
Vitamin E	10 mg	66.67%	66.67%
Vitamin D	0 mcg	0%	0%

Minerals

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Sodium	500 mg	21.74%	21.74%
Calcium	2 mg	0.2%	0.2%
Iron	15 mg	187.5%	83.33%
Potassium	350 mg	10.29%	13.46%
Zinc	20 mg	181.82%	250%
Selenium	40 mcg	72.73%	72.73%

Recipe Attributes

Events

Christmas Valentine's Day Barbecue

Meal Type

Breakfast Lunch Snack Supper

Kitchen Tools

Slow Cooker

Course

Appetizers Main Dishes Salads Snacks Sauces & Dressings

Cultural

Chinese New Year Christmas Easter Halloween

Cost

Under \$10

\$10 to \$20

\$20 to \$30

\$30 to \$40

Over \$50

Demographics

Kids Friendly

Difficulty Level

Easy

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