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Baked Chicken Wings*

Baked chicken wings are a delicious and easy-to-make dish. They are typically seasoned with a variety of spices and herbs, then baked in the oven until crispy and golden brown.

Baked chicken wings are a popular appetizer or main course and can be enjoyed on their own or with a dipping sauce.

Recipe Type: Standard Prep Time: 10 mins

Cook Time: 40 mins Total Time: 50 mins

Recipe Yield: 500 grams Number of Servings: 4

Serving Size: 125 g

Ingredients

1000 g	Chicken Wings
1 tsp	salt
1 tsp	black pepper
1 tsp	garlic powder
1 tsp	paprika

2 tbsp olive oil

Directions

Step 1

Preheating

Preheat the oven to 425°F (220°C).

Prep Time: 5 mins

Cook Time: 0 mins

Step 2



In a large bowl, combine the salt, black pepper, garlic powder, and paprika.

Prep Time: 5 mins

Cook Time: 0 mins

Step 3



Add the chicken wings to the bowl and toss them with the spice mixture until they are evenly coated.

Prep Time: 5 mins

Cook Time: 0 mins

Step 4

Mixing

Drizzle the olive oil over the chicken wings and toss them again to coat them with the oil.

Prep Time: 5 mins

Cook Time: 0 mins

Step 5

Arranging

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

Prep Time: 5 mins

Cook Time: 0 mins

Step 6

Baking

Bake the chicken wings in the preheated oven for 40 minutes, or until they are crispy and cooked through.

Prep Time: 0 mins

Cook Time: 40 mins

Step 7

Cooling

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

Prep Time: 5 mins

Cook Time: 0 mins

Nutrition Facts

Calories: 216 kcal

Fat: 12 g

Protein: 24 g

Carbohydrates: 1g

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	1 g	1.82%	2%
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	5 g	N/A	N/A
Saturated Fat	2 g	9.09%	11.76%
Fat	12 g	42.86%	48%
Cholesterol	94 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	0 mg	0%	0%
Vitamin B12	0 mcg	0%	0%
Vitamin E	0 mg	0%	0%

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Vitamin D	0 mcg	0%	0%

Minerals

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Sodium	230 mg	10%	10%
Calcium	1 mg	0.1%	0.1%
Iron	6 mg	75%	33.33%
Potassium	204 mg	6%	7.85%
Zinc	2 mg	18.18%	25%
Selenium	15 mcg	27.27%	27.27%

Recipe Attributes

Events

Picnic

Kitchen Tools

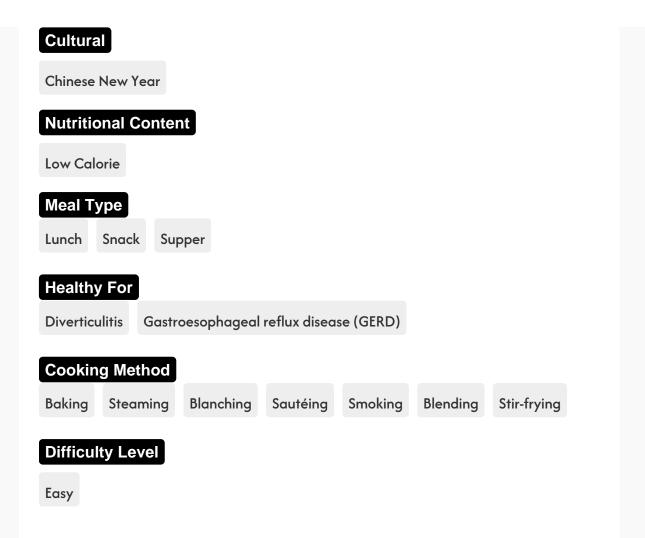
Slow Cooker Blender

Cuisines

Italian American

Course

Appetizers Snacks Drinks



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