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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

|               |               |
|---------------|---------------|
| <b>1000 g</b> | Chicken Wings |
| <b>1 tsp</b>  | salt          |
| <b>1 tsp</b>  | black pepper  |
| <b>1 tsp</b>  | garlic powder |
| <b>1 tsp</b>  | paprika       |

2 tbsp olive oil

## Directions

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### Step 1

#### Preheating

Preheat the oven to 425°F (220°C).

**Prep Time:** 5 mins

**Cook Time:** 0 mins

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### Step 2

#### Mixing

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

**Prep Time:** 5 mins

**Cook Time:** 0 mins

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### Step 3

#### Mixing

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

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## 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

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## Step 5

### Arranging

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

**Prep Time:** 5 mins

**Cook Time:** 0 mins

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## 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

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## 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:** 1 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 | 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

## Cultural

Chinese New Year

## Nutritional Content

Low Calorie

## Meal Type

Lunch

Snack

Supper

## Healthy For

Diverticulitis

Gastroesophageal reflux disease (GERD)

## Cooking Method

Baking

Steaming

Blanching

Sautéing

Smoking

Blending

Stir-frying

## Difficulty Level

Easy

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