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Paleo Super Bowl ♦♦

A delicious and healthy recipe perfect for the Super Bowl. This recipe follows the paleo diet guidelines, which means it is free from grains, dairy, and processed ingredients. It is packed with natural flavors and nutrients, making it a great choice for a game day snack.

Recipe Type: Standard

Prep Time: 20 mins

Cook Time: 30 mins

Total Time: 50 mins

Recipe Yield: 500 grams

Number of Servings: 10

Serving Size: 50 g

Ingredients

1000 g	Chicken Wings
3 tbsp	coconut oil
2 tsp	garlic powder
2 tsp	paprika
1 tsp	sea salt

1 tsp	black pepper
3 tbsp	hot sauce
2 tbsp	lemon juice
50 g	Cilantro

Directions

Step 1

Preheating

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 garlic powder, paprika, sea salt, and black pepper.

Prep Time: 5 mins

Cook Time: 0 mins

Step 3

Oven

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

Prep Time: 5 mins

Cook Time: 0 mins

Step 4

Stirring

Drizzle the chicken wings with melted coconut oil and sprinkle the spice mixture evenly over them.

Prep Time: 5 mins

Cook Time: 0 mins

Step 5

Baking

Bake the chicken wings in the preheated oven for 25-30 minutes, or until they are crispy and cooked through.

Prep Time: 0 mins

Cook Time: 30 mins

Step 6

Mixing

In a small bowl, mix together the hot sauce and lemon juice.

Prep Time: 5 mins

Cook Time: 0 mins

Step 7

Stirring

Remove the chicken wings from the oven and toss them in the hot sauce mixture.

Prep Time: 0 mins

Cook Time: 0 mins

Step 8

Serving

Garnish with fresh cilantro and serve hot.

Prep Time: 0 mins

Cook Time: 0 mins

Nutrition Facts

Calories: 250 kcal

Fat: 20 g

Protein: 15 g

Carbohydrates: 2 g

Nutrition Facts

Proteins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Protein	15 g	88.24%	88.24%

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	5 g	N/A	N/A
Saturated Fat	10 g	45.45%	58.82%
Fat	20 g	71.43%	80%
Cholesterol	50 mg	N/A	N/A

Vitamins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Vitamin A	10 iu	1.11%	1.43%
Vitamin C	6 mg	6.67%	8%
Vitamin B6	10 mg	769.23%	769.23%
Vitamin B12	15 mcg	625%	625%
Vitamin E	2 mg	13.33%	13.33%
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	8 mg	100%	44.44%
Potassium	200 mg	5.88%	7.69%
Zinc	6 mg	54.55%	75%
Selenium	20 mcg	36.36%	36.36%

Recipe Attributes

Events

Picnic

Game Day

Meal Type

Lunch

Snack

Supper

Course

Snacks

Sauces & Dressings

Cultural

Chinese New Year

Cinco de Mayo

Oktoberfest

Easter

Cost

Under \$10

\$10 to \$20

\$20 to \$30

\$30 to \$40

\$40 to \$50

Demographics

Kids Friendly

Teen Friendly

Lactation Friendly

Diabetic Friendly

Heart Healthy

Diet

Mediterranean Diet

Difficulty Level

Medium

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