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## Jumbo Wings <sup>♦</sup>

Delicious jumbo wings that are perfect for game day or any gathering. These wings are crispy on the outside and juicy on the inside. They are seasoned with a flavorful blend of spices and can be served with your choice of dipping sauce.

**Recipe Type:** Standard

**Prep Time:** 15 mins

**Cook Time:** 30 mins

**Total Time:** 45 mins

**Recipe Yield:** 500 grams

**Number of Servings:** 5

**Serving Size:** 100 g

### Ingredients

<b>1000 g</b>	jumbo chicken wings
<b>2 tsp</b>	salt
<b>1 tsp</b>	black pepper
<b>2 tsp</b>	paprika
<b>1 tsp</b>	garlic powder

<b>1 tsp</b>	onion powder
<b>1 tsp</b>	cayenne pepper
<b>2 tbsp</b>	vegetable 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 small bowl, mix together the salt, black pepper, paprika, garlic powder, onion powder, and cayenne pepper.

**Prep Time:** 5 mins

**Cook Time:** 0 mins

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### Step 3

#### Preparation

Pat the chicken wings dry with paper towels and place them in a large bowl.

**Prep Time:** 5 mins

**Cook Time:** 0 mins

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## Step 4

Mixing

Drizzle the vegetable oil over the chicken wings and toss to coat evenly.

**Prep Time:** 2 mins

**Cook Time:** 0 mins

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## Step 5

Sprinkling

Sprinkle the spice mixture over the chicken wings and toss to coat evenly.

**Prep Time:** 3 mins

**Cook Time:** 0 mins

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## Step 6

Preparation

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

**Prep Time:** 2 mins

**Cook Time:** 0 mins

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## Step 7

### Baking

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

**Prep Time:** 0 mins

**Cook Time:** 30 mins

## Step 8

### Resting

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

**Prep Time:** 0 mins

**Cook Time:** 5 mins

## Nutrition Facts

**Calories:** 180 kcal

**Fat:** 13 g

**Protein:** 15 g

**Carbohydrates:** 1 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	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	6 g	N/A	N/A
Saturated Fat	4 g	18.18%	23.53%
Fat	13 g	46.43%	52%
Cholesterol	65 mg	N/A	N/A

## Vitamins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Vitamin A	4 iu	0.44%	0.57%
Vitamin C	0 mg	0%	0%
Vitamin B6	10 mg	769.23%	769.23%
Vitamin B12	10 mcg	416.67%	416.67%
Vitamin E	2 mg	13.33%	13.33%
Vitamin D	0 mcg	0%	0%

## Minerals

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Sodium	400 mg	17.39%	17.39%
Calcium	0 mg	0%	0%
Iron	4 mg	50%	22.22%
Potassium	0 mg	0%	0%
Zinc	10 mg	90.91%	125%
Selenium	30 mcg	54.55%	54.55%

## Recipe Attributes

### Meal Type

Snack

Lunch

## Events

Picnic

## Kitchen Tools

Slow Cooker

## Nutritional Content

Low Calorie

## Course

Main Dishes

Side Dishes

Salads

Snacks

## Cultural

Chinese New Year

Diwali

Oktoberfest

Ramadan

Thanksgiving

Halloween

## Cost

\$10 to \$20

\$30 to \$40

Over \$50

## Demographics

Senior Friendly

Pregnancy Safe

Allergy Friendly

## Difficulty Level

Easy

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