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Jumbo Wings

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

1000 g	jumbo chicken wings
2 tsp	salt
1 tsp	black pepper
2 tsp	paprika
1 tsp	garlic powder

1 tsp	onion powder
1 tsp	cayenne pepper
2 tbsp	vegetable oil

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 salt, black pepper, paprika, garlic powder, onion powder, and cayenne pepper.

Prep Time: 5 mins

Cook Time: 0 mins

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

Step 4

Mixing

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

Prep Time: 2 mins

Cook Time: 0 mins

Step 5

Sprinkling

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

Prep Time: 3 mins

Cook Time: 0 mins

Step 6

Preparation

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

Prep Time: 2 mins

Cook Time: 0 mins

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: 1g

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%

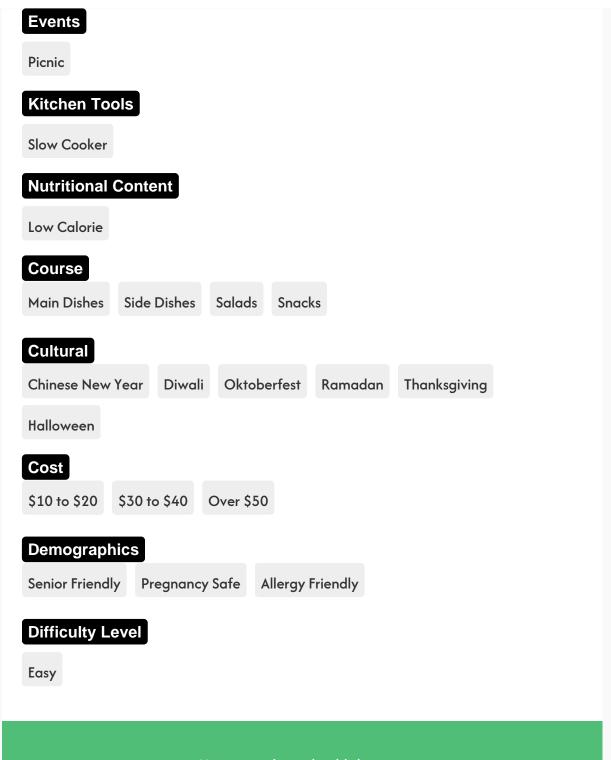
Minerals

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



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