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## Spicy Wings

Spicy wings are a popular appetizer or main dish that is typically made with chicken wings coated in a spicy sauce. They are often served with a side of ranch or blue cheese dressing for dipping. This recipe provides a step-by-step guide on how to make delicious and flavorful spicy wings at home.

**Recipe Type:** Standard

**Prep Time:** 15 mins

**Cook Time:** 25 mins

**Total Time:** 40 mins

**Recipe Yield:** 500 grams

**Number of Servings:** 4

**Serving Size:** 125 g

### Ingredients

<b>1000 g</b>	Chicken Wings
<b>1 c</b>	hot sauce
<b>4 tbsp</b>	Butter
<b>2 tsp</b>	Garlic powder
<b>2 tsp</b>	Paprika

1 tsp	Salt
1 tsp	Black pepper
2 tbsp	Vegetable Oil

## Directions

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### Step 1

Oven

Preheat the oven to 425°F (220°C).

**Prep Time:** 5 mins

**Cook Time:** 0 mins

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### Step 2

Stove

In a small saucepan, melt the butter over medium heat. Add the hot sauce, garlic powder, paprika, salt, and black pepper. Stir until well combined and heated through.

**Prep Time:** 5 mins

**Cook Time:** 5 mins

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### Step 3

Place the chicken wings on a baking sheet and drizzle with vegetable oil. Season with salt and black pepper. Toss to coat evenly.

**Prep Time:** 5 mins

**Cook Time:** 0 mins

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## Step 4

Oven

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

**Prep Time:** 0 mins

**Cook Time:** 25 mins

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## Step 5

Remove the chicken wings from the oven and transfer to a large bowl. Pour the hot sauce mixture over the wings and toss to coat evenly.

**Prep Time:** 0 mins

**Cook Time:** 0 mins

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## Step 6

Serve the spicy wings hot with a side of ranch or blue cheese dressing for dipping.

**Prep Time:** 0 mins

**Cook Time:** 0 mins

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## Nutrition Facts

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**Calories:** 267 kcal

**Fat:** 18 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	4 g	N/A	N/A
Saturated Fat	6 g	27.27%	35.29%
Fat	18 g	64.29%	72%
Cholesterol	90 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%
Vitamin D	0 mcg	0%	0%

## Minerals

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Sodium	1000 mg	43.48%	43.48%
Calcium	2 mg	0.2%	0.2%
Iron	6 mg	75%	33.33%

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Potassium	0 mg	0%	0%
Zinc	0 mg	0%	0%
Selenium	0 mcg	0%	0%

## Recipe Attributes

### Events

Picnic

### Kitchen Tools

Slow Cooker

Blender

### Nutritional Content

Low Calorie

### Cuisines

Italian

### Diet

Anti-Inflammatory Diet

### Course

Breads

Appetizers

Salads

Snacks

Sauces & Dressings

### Cultural

Chinese New Year

Cinco de Mayo

Diwali

Hanukkah

Oktoberfest

Passover

Ramadan

St. Patrick's Day

Thanksgiving

### Meal Type

Snack

Lunch

Dinner

**Difficulty Level**

Easy

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