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Spicy Baked Chicken Wings ♦♦

These spicy baked chicken wings are a crowd-pleasing appetizer perfect for game day or any gathering. The wings are marinated in a spicy sauce, then baked to crispy perfection. Serve them with your favorite dipping sauce for a delicious and easy-to-make snack.

Recipe Type: Standard

Prep Time: 15 mins

Cook Time: 40 mins

Total Time: 55 mins

Recipe Yield: 500 grams

Number of Servings: 5

Serving Size: 100 g

Ingredients

1000 g	Chicken Wings
6 tbsp	hot sauce
4 tbsp	butter
2 tsp	garlic powder
2 tsp	paprika

1 tsp	salt
1 tsp	black pepper
2 tbsp	olive oil

Directions

Step 1

Preheating

Preheat the oven to 425°F (220°C).

Prep Time: 5 mins

Cook Time: 0 mins

Step 2

Stirring

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

Prep Time: 5 mins

Cook Time: 5 mins

Step 3

Mixing

Place the chicken wings in a large bowl. Drizzle with olive oil and sprinkle with salt and black pepper. Toss to coat the wings evenly.

Prep Time: 5 mins

Cook Time: 0 mins

Step 4

Resting

Pour the sauce over the wings and toss to coat them evenly. Let the wings marinate for 15 minutes.

Prep Time: 15 mins

Cook Time: 0 mins

Step 5

Baking

Arrange the wings on a baking sheet lined with parchment paper. Bake for 40 minutes, flipping halfway through, until the wings are crispy and cooked through.

Prep Time: 0 mins

Cook Time: 40 mins

Step 6

Cooling

Remove the wings from the oven and let them cool for a few minutes. Serve hot with your favorite dipping sauce.

Prep Time: 0 mins

Cook Time: 0 mins

Nutrition Facts

Calories: 218 kcal

Fat: 15 g

Protein: 19 g

Carbohydrates: 2 g

Nutrition Facts

Proteins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Protein	19 g	111.76%	111.76%

Carbohydrates

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Carbohydrates	2 g	3.64%	4%

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
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	3 g	13.64%	17.65%
Fat	15 g	53.57%	60%
Cholesterol	70 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	450 mg	19.57%	19.57%
Calcium	1 mg	0.1%	0.1%
Iron	6 mg	75%	33.33%
Potassium	172 mg	5.06%	6.62%
Zinc	0 mg	0%	0%
Selenium	0 mcg	0%	0%

Recipe Attributes

Events

Picnic Game Day

Kitchen Tools

Slow Cooker Blender

Cuisines

French Middle Eastern

Course

Salads Appetizers Sauces & Dressings Side Dishes Snacks

Cultural

Cinco de Mayo Ramadan

Nutritional Content

Low Calorie

Meal Type

Snack

Lunch

Supper

Difficulty Level

Easy

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