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Baja Boneless Wings ♦♦

Baja Boneless Wings are a delicious and tangy appetizer that are perfect for game day or any gathering. These boneless wings are made with a crispy breading and tossed in a flavorful Baja sauce. They are sure to be a hit with everyone!

Recipe Type: Standard

Prep Time: 15 mins

Cook Time: 20 mins

Total Time: 35 mins

Recipe Yield: 500 grams

Number of Servings: 5

Serving Size: 100 g

Ingredients

500 g	boneless chicken breast
100 g	all-purpose flour
100 g	panko breadcrumbs
2 pieces	Egg
1 tsp	salt

1 tsp	black pepper
1 tsp	paprika
1 tsp	garlic powder
1 tsp	onion powder
0.5 tsp	cayenne pepper
1 c	vegetable oil
1 pieces	Lime
10 g	Cilantro

Directions

Step 1

Preheating

Preheat the oven to 425°F (220°C).

Prep Time: 5 mins

Cook Time: 0 mins

Step 2

Cutting

Cut the boneless chicken breast into bite-sized pieces.

Prep Time: 5 mins

Cook Time: 0 mins

Step 3

Mixing

In a shallow dish, whisk together the flour, salt, black pepper, paprika, garlic powder, onion powder, and cayenne pepper.

Prep Time: 5 mins

Cook Time: 0 mins

Step 4

Mixing

In another shallow dish, beat the eggs.

Prep Time: 2 mins

Cook Time: 0 mins

Step 5

Mixing

Dip each piece of chicken into the flour mixture, then into the beaten eggs, and then back into the flour mixture, pressing to adhere.

Prep Time: 5 mins

Cook Time: 0 mins

Step 6

Heating

Heat the vegetable oil in a large skillet over medium-high heat.

Prep Time: 2 mins

Cook Time: 0 mins

Step 7

Frying

Working in batches, add the breaded chicken pieces to the skillet and cook until golden brown and cooked through, about 3-4 minutes per side.

Prep Time: 10 mins

Cook Time: 10 mins

Step 8

Resting

Transfer the cooked chicken to a baking sheet lined with paper towels to drain excess oil.

Prep Time: 2 mins

Cook Time: 0 mins

Step 9

Mixing

In a large bowl, toss the cooked chicken with the Baja sauce until well coated.

Prep Time: 2 mins

Cook Time: 0 mins

Step 10

Garnishing

Garnish with fresh cilantro and serve with lime wedges.

Prep Time: 2 mins

Cook Time: 0 mins

Nutrition Facts

Calories: 300 kcal

Fat: 15 g

Protein: 20 g

Carbohydrates: 20 g

Nutrition Facts

Proteins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
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Protein	20 g	117.65%	117.65%
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Carbohydrates

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Carbohydrates	20 g	36.36%	40%
Fibers	1 g	2.63%	4%
Sugars	1 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	2 g	9.09%	11.76%
Fat	15 g	53.57%	60%
Cholesterol	100 mg	N/A	N/A

Vitamins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Vitamin A	10 iu	1.11%	1.43%
Vitamin C	15 mg	16.67%	20%

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Vitamin B6	10 mg	769.23%	769.23%
Vitamin B12	20 mcg	833.33%	833.33%
Vitamin E	6 mg	40%	40%
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	10 mg	125%	55.56%
Potassium	300 mg	8.82%	11.54%
Zinc	10 mg	90.91%	125%
Selenium	15 mcg	27.27%	27.27%

Recipe Attributes

Events

Picnic

Game Day

Kitchen Tools

Slow Cooker

Blender

Cuisines

Italian

Chinese

Mexican

Course

Appetizers

Main Dishes

Salads

Snacks

Sauces & Dressings

Cultural

Chinese New Year

Cinco de Mayo

Diwali

Hanukkah

Oktoberfest

Passover

Ramadan

St. Patrick's Day

Meal Type

Snack

Supper

Difficulty Level

Easy

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