



# OVEN-FRIED CHICKEN WINGS

SERVINGS: 3

PREPPING TIME: 5 MIN

COOKING TIME: 50 MIN

## INGREDIENTS

1.5 lbs Chicken wings,  
sectioned into flats and  
drums

1/4 tsp Salt

1/2 tsp Black Pepper

1/2 tsp Smoked Paprika

1/2 tsp Garlic Powder

1/2 tsp Onion Powder

1 tbsp Baking Powder

## DIRECTIONS

1. Preheat oven to 425 degrees
2. Pat dry chicken, (removing as much moisture as possible, this helps to crisp the skin).
3. Mix salt, black pepper, smoked paprika, garlic powder, onion powder and baking powder in a small bowl.
4. Sprinkle the seasoning mixture on the wings and toss the wings to coat.
5. Place wings on a parchment-paper lined baking sheet or a baking sheet with a cooling rack.
6. Cook the wings in the oven for 25 minutes per side.

Calories: 280kcal Carbohydrates: 2g Protein: 22g Fat: 19g Sodium: 287mg Fiber: 0g Sugar: 0g