

Perfect Crispy Baked Chicken Wings

Yield: 4 min
Total Time: 65 min

Recipe from: <https://www.recipeschoose.com/recipes/baked-clay-recipe-for-christmas-ornaments>

Ingredients:

- nonstick cooking spray
- 2 pounds chicken wings
- 2 tablespoons extra-virgin olive oil
- 1 1/2 teaspoons salt
- 1/2 teaspoon paprika
- 1/2 teaspoon garlic powder
- 1/4 teaspoon black pepper

Nutrition:

1. Calories: 570 calories
2. Carbohydrate: 1 grams
3. Cholesterol: 175 milligrams
4. Fat: 43 grams
5. Protein: 41 grams
6. SaturatedFat: 10 grams
7. Sodium: 1050 milligrams

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