

# Mardi Gras Wings

Yield: 4 min  
Total Time: 40 min

Recipe from: <https://www.recipeschoose.com/recipes/recipe-for-mardi-gras-wings-from-publix>

## Ingredients:

- 2 pounds chicken wings whole, leg, wing, tip
- 4 tablespoons seasoning Mardi Gras Wing, recipe link in post
- 3 tablespoons sunflower oil

## Nutrition:

1. Calories: 610 calories
2. Carbohydrate: 3 grams
3. Cholesterol: 175 milligrams
4. Fat: 47 grams
5. Protein: 41 grams
6. SaturatedFat: 10 grams
7. Sodium: 170 milligrams

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