

Mexican Chicken Wings

Yield: 6 min
Total Time: 27 min

Recipe from: <https://www.recipeschoose.com/recipes/recipe-for-mexican-hot-wings>

Ingredients:

- 5 teaspoons taco seasoning Maria's Keto kitchen
- 30 chicken wings or drummies
- 3 tablespoons coconut oil melted, or bacon fat
- 1/4 cup pico de gallo or Salsa
- 1/4 cup guacamole

Nutrition:

1. Calories: 1050 calories
2. Carbohydrate: 2 grams
3. Cholesterol: 345 milligrams
4. Fat: 78 grams
5. Protein: 80 grams
6. SaturatedFat: 24 grams
7. Sodium: 500 milligrams
8. Sugar: 1 grams

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