

Baked Chicken Wings With Dry Rub

Yield: 4 min
Total Time: 45 min

Recipe from: <https://www.recipeschoose.com/recipes/russian-dry-rub-baked-chicken-recipe>

Ingredients:

- 4 pounds chicken wings cut into drumettes and wingettes
- oil spray to grease baking sheet
- 1 tablespoon brown sugar
- 2 tablespoons chili powder
- 2 tablespoons sweet paprika
- 1 tablespoon cumin
- 1/2 teaspoon cayenne pepper
- 1 tablespoon garlic powder
- 3 teaspoons mustard powder
- 2 teaspoons salt
- 2 teaspoons black pepper

Nutrition:

1. Calories: 1060 calories
2. Carbohydrate: 9 grams
3. Cholesterol: 350 milligrams
4. Fat: 74 grams
5. Fiber: 3 grams
6. Protein: 84 grams
7. SaturatedFat: 18 grams
8. Sodium: 1540 milligrams
9. Sugar: 3 grams

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