

Southern Chicken Wings (Baked)

Yield: 4 min
Total Time: 55 min

Recipe from: <https://www.recipeschoose.com/recipes/southern-chicken-wings-recipe>

Ingredients:

- 2 1/4 pounds chicken wings – no wing tips
- 1 1/4 cups buttermilk
- 1 tablespoon sea salt flakes
- 2 tablespoons hot sauce
- 9/16 cup panko breadcrumbs
- 6 3/8 tablespoons plain flour All Purpose
- 2 tablespoons paprika
- 1 teaspoon ground black pepper
- 1 tablespoon garlic salt
- oil spray

Nutrition:

1. Calories: 720 calories
2. Carbohydrate: 29 grams
3. Cholesterol: 200 milligrams
4. Fat: 42 grams
5. Fiber: 2 grams
6. Protein: 52 grams
7. SaturatedFat: 11 grams
8. Sodium: 2230 milligrams
9. Sugar: 6 grams

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