

Crispy Oven Baked Chicken Wings

Yield: 4 min
Total Time: 75 min

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

Ingredients:

- 4 pounds chicken wings halved at joints, wingtips discarded
- 2 tablespoons baking powder
- 3/4 teaspoon salt
- sauce recipes and ideas follow
- 2/3 cup honey
- 1 lime a couple tablespoons
- 2 teaspoons cider vinegar
- ground ginger sprinkle of
- 2 tablespoons soy sauce
- 1/2 teaspoon sesame oil
- 1/2 teaspoon salt
- 1/2 cup bbq sauce your favorite bottled
- 4 tablespoons honey
- hot sauce to taste
- 1/2 cup hot sauce
- 4 tablespoons unsalted butter melted
- 1 tablespoon molasses

Nutrition:

1. Calories: 1510 calories
2. Carbohydrate: 101 grams
3. Cholesterol: 380 milligrams
4. Fat: 86 grams
5. Fiber: 2 grams
6. Protein: 83 grams
7. SaturatedFat: 26 grams
8. Sodium: 3980 milligrams

9. Sugar: 87 grams

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