

AIR FRYER BREADED CHICKEN WINGS

PREP TIME: 10 MINUTES

COOK TIME: 20 MINUTES

TOTAL TIME: 30 MINUTES

SERVINGS: 4 SERVINGS

Calories: 286kcal | Carbohydrates: 12g | Protein: 12g | Fat: 20g

INGREDIENTS

(1.5 x recipe)

- 1.5 pound chicken wings
- 3 tablespoons Vegetable Oil
- 3/4 cup All-Purpose Flour
- 3/4 teaspoon Smoked Paprika
- 3/4 teaspoon Garlic Powder
- 3/4 teaspoon Kosher Salt
- 3/4 teaspoon freshly crushed peppercorn

INSTRUCTIONS

1. Place chicken wings in a large bowl. Pour in the oil and then toss to coat the wings well.
2. In a separate bowl, add dry ingredients and whisk until combined.
3. One at a time, place oiled wings in the dry mixture and coat with breading, then place each wing on in the air fryer basket.
4. Set your air fryer to 400F and cook for 20 minutes flipping half way through.
5. Use a meat thermometer to ensure the chicken wings have reached an internal temperature of 165F, and the breading is brown and crunchy before serving.

NOTES

- **Place the chicken wings in a single layer** in the air fryer basket. Fry them in two batches if needed.
- **Be sure to flip the wings** during cooking.
- **You can reheat leftover wings in the air fryer.** Cook them at 360°F for 4 minutes. Turn the heat to 400°F and cook for 5 more minutes.
- **Want to make these crispy chicken wings into hot wings?** Simply remove from the air fryer, and toss with your favorite hot sauce.

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SERVINGS: 4 SERVINGS

Calories: 286kcal | Carbohydrates: 12g | Protein: 12g | Fat: 20g

INGREDIENTS

- 1 pound chicken wings
- 2 tablespoons Vegetable Oil
- 1/2 cup All-Purpose Flour
- 1/2 teaspoon Smoked Paprika
- 1/2 teaspoon Garlic Powder
- 1/2 teaspoon Kosher Salt
- 1/2 teaspoon freshly crushed peppercorn

INSTRUCTIONS

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