

Baked Lemon Pepper Wings

CAL: 281 PROTEIN: 23 CARBS: 0 FIBRE: 0 FAT: 21



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SERVES:
8



TIME:
50 minutes



INGREDIENTS

1.3kg chicken wings
2 tbsp butter, melted
4 tsp seasoned salt
2 tsp lemon pepper
1 tsp cayenne pepper
1 tsp paprika
1 tsp black pepper

INSTRUCTIONS

Start by preheating the oven to 200°C/400°F/Gas 6. Line two rimmed baking sheets with foil and fit the baking sheets with wire racks.

Place chicken wings in a large bowl and toss with butter and all spices.

Lay the chicken wings on the wire racks. (make sure they're spread out and not touching). Cook for 40-45 minutes or until crispy.

Place on a serving platter and serve immediately.

MACROS

Calories: 281
Protein: 23
Carbs: 0
Fat: 21
Fibre: 0