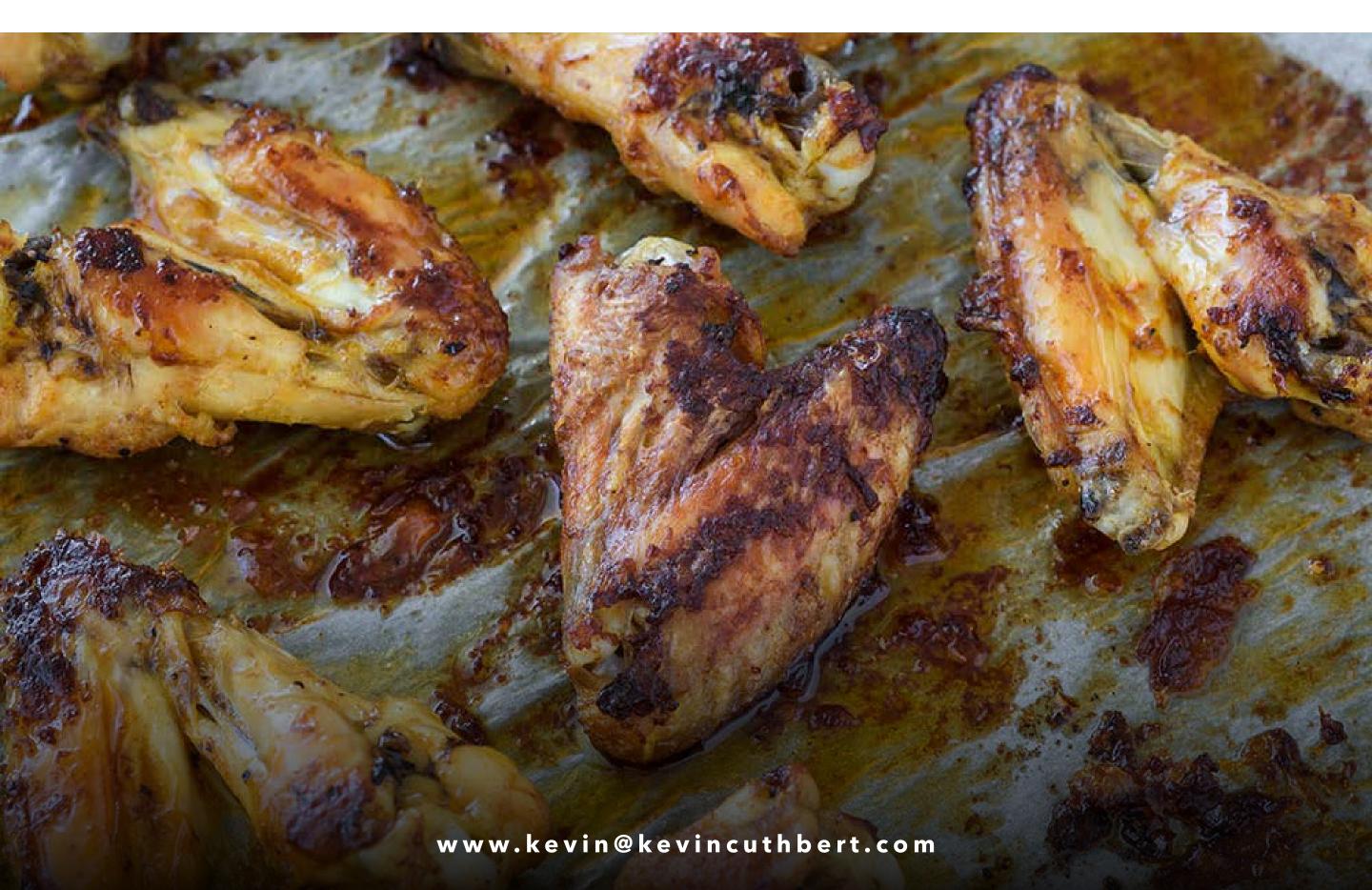


Baked Lemon Pepper Wings

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



Baked Lemon Pepper Wings



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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.

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

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