

YIELD: 4 SERVINGS

# Air Fryer Chicken Wings

These easy **Air Fryer Chicken Wings** are exploding with flavor, low carb and cook in half the time of regular oven baked wings! Grab your air fryer and impress your friends and family with these savory, delicious chicken wings.

## PREP TIME

4 minutes

## COOK TIME

16 minutes

## TOTAL TIME

20 minutes

## Ingredients

2 lbs chicken wings, split into flats and drumettes

1 tablespoon olive oil

1 tablespoon dried chopped onion

1 1/2 teaspoons smoked paprika

1/2 teaspoon crushed red pepper

1/2 teaspoon salt

4 cloves garlic, minced

## Instructions

In a large bowl or ziplock bag, toss all ingredients together. Make sure to toss wings to coat fully in seasoning and olive oil.

Heat air fryer to 400°F. Arrange wings in an even layer of air fryer basket.

Cook for 16 minutes, flipping wings half way through cooking. Serve immediately!

Nutrition Information: **YIELD:** 4 servings **SERVING SIZE:** 1 serving

*Amount Per Serving:* CALORIES: 503 TOTAL FAT: 36.2g SATURATED FAT: 10.2g CARBOHYDRATES: .5g FIBER: 1g  
SUGAR: 0g PROTEIN: 41.6g

© Jessica

**CUISINE:** American / **CATEGORY:** Chicken

<https://easydinnerideas.com/air-fryer-chicken-wings/>