

Oven Baked Buffalo Chicken Wings with Dry Rub

Check out the best recipe for Chicken Wings baked in the oven with dry rub, and then tossed in delicious Buffalo Sauce! It has so much flavor and will be a showstopper at the Superbowl game party or a Summer cookout!



5 from 2 votes

Prep Time	Cook Time	Total Time
15 mins	45 mins	1 hr

Course: Appetizer Cuisine: American Servings: 4 people Calories: 399kcal

Author: [Veronika's Kitchen](#)

Ingredients

- 2 pounds chicken wings
- 1 tablespoon olive oil
- ½ teaspoon salt
- ¼ teaspoon black pepper
- ¼ teaspoon garlic powder
- ¼ teaspoon onion powder
- ¼ teaspoon paprika
- 1/8 teaspoon cayenne
- ½ teaspoon oregano
- ½ teaspoon thyme
- 1/3 cup Frank's hot sauce
- 3 tablespoons butter melted
- 1 tablespoon honey

Instructions

1. Mix the seasoning ingredients in one bowl (½ tsp salt, ¼ tsp black pepper, ¼ tsp garlic powder, ¼ tsp onion powder, ¼ tsp paprika, 1/8 tsp cayenne, ½ tsp oregano, ½ tsp thyme), and set aside.
2. Wash and pat dry the wings and put them in a large mixing bowl. Pour 1 tbsp olive oil and mix. Then add the seasoning and toss well, so every piece is evenly covered.
3. Place the chicken on a baking sheet with a wire rack.
4. Bake at 400°F for 45-50 minutes or until the internal temperature reaches 170°F. Flip the wings halfway through.
5. To make the Buffalo sauce, mix 1/3 cup hot sauce, 3 tbsp melted butter, and 1 tbsp honey together.
6. When the wings are fully cooked, put them in a large mixing bowl. Pour the Buffalo sauce over and toss until evenly coated.

7. Serve with Ranch dressing and vegetables of your choice, like celery, carrots, peppers, etc.

Notes

NOTE 1: Make sure you cook the chicken through! The internal temperature should be at least 165-170°F and the juices from the chicken are clear without any pink color.

Nutrition

Calories: 399kcal | Carbohydrates: 5g | Protein: 23g | Fat: 32g | Saturated Fat: 11g | Cholesterol: 117mg | Sodium: 984mg | Potassium: 220mg | Fiber: 1g | Sugar: 5g | Vitamin A: 562IU | Vitamin C: 16mg | Calcium: 21mg | Iron: 1mg