

These air fryer chicken wings are a healthy and delicious way to enjoy everyone's favorite appetizer.

Equipment

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[Air Fryer](#)

Ingredients

- 2 pounds chicken wings *split and tips removed*
- 1 ½ tablespoons flour
- 2 teaspoons baking powder
- ½ teaspoon [seasoned salt](#)
- ½ teaspoon black pepper

Instructions

1. Preheat air fryer to 400°F.
2. Pat wings dry with a paper towel. Combine flour, baking powder, salt and pepper and toss with wings. Shake off any excess flour mixture.
3. Place wings in the air fryer in a single layer.
4. Bake wings 20-22 minutes or until skin is crisp.
5. Remove wings from air fryer and top with additional salt and pepper or desired sauce.

Recipe Notes

If your air fryer has a basket, **shake basket** or rearrange wings every 6 minutes.

Pat the wings dry before cooking, liquid causes them to steam instead of crisp

Gently toss with baking powder/flour and shake off any extra, this helps them crisp better.

Don't overcrowd your air fryer. If needed, make a few smaller batches and then place them all back into the air fryer for 3 minutes to heat/crisp before serving.

If your air fryer is similar to a toaster oven, place a foil-lined pan on the rack under the wings to catch any drippings for easy clean-up.

NUTRITION INFORMATION

Calories: 47, Protein: 3g, Fat: 3g, Cholesterol: 15mg, Sodium: 63mg, Potassium: 65mg, Vitamin A: 30IU, Vitamin C: 0.2mg, Calcium: 17mg, Iron: 0.2mg

(Nutrition information provided is an estimate and will vary based on cooking methods and brands of ingredients used.)