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Description

Indulge in the ultimate comfort food experience with these Crispy, Breaded Wings in an Air Fryer! Every bite delivers an incredible crunch on the outside while keeping the meat exceptionally tender, juicy, and flavorful on the inside. By utilizing clever low-carb coating techniques instead of deep-frying, you get all the irresistible crunch without the extra grease or heavy starches.

Looking for a healthier twist on your favorite game-day appetizer? This easy air fryer recipe satisfies your cravings while keeping your nutrition clean and high-protein-friendly!

Can This Crispy, Breaded Wings in an Air Fryer Support Weight Loss Goals?

Yes, these air fryer wings can support weight loss goals by providing a high-protein meal that keeps you full and satisfied with fewer calories than deep-fried alternatives. Using an air fryer drastically reduces the amount of oil required to achieve a golden, crunchy exterior compared to traditional frying methods. High-protein foods like chicken wings promote stable

satiety, helping to curb mindless snacking and maintain a balanced calorie deficit.

Does Crispy, Breaded Wings in an Air Fryer Fit a High-Protein Lifestyle?

This recipe fits seamlessly into a high-protein, low-carb lifestyle by centering around nutrient-dense poultry paired with a light, grain-free or low-carb breading blend. With approximately 28 grams of protein and less than 3 grams of net carbs per serving, it fuels muscle recovery without unwanted blood sugar spikes. The wholesome ingredients provide clean energy and fit effortlessly into macro-tracking or keto diet plans.

My Personal Experience

- Game-Day Crowd Pleaser Without the Mess

Making these in the air fryer keeps my kitchen grease-free while delivering a crunch that rivals any restaurant wings.

- Perfect Texture Every Single Time

Patting the wings dry and using a touch of baking powder ensures the skin crisps up perfectly without burning.

- Customizable Flavor Tosses

Dividing a single batch to toss half in buffalo sauce and half in garlic parmesan satisfies everyone at my dinner table.

Perfect For:

- High-Protein Dinners: Delivers a substantial hit of quality animal protein to aid muscle maintenance and repair.
- Low-Carb & Keto Diet Plans: Uses low-carb binders instead of heavy flour to keep carbohydrates to a minimum.

- Game Day & Party Snacks: A guilt-free finger food that everyone will eagerly crowd around.
- Quick Air Fryer Meals: Cooks rapidly with minimal hands-on time, making busy weeknights effortless.

Why You'll Love This Recipe:

- Incredible Crunch Without Deep Frying

Circulates hot air rapidly to render fat and crisp the coating to absolute perfection using minimal oil.

- Naturally Gluten-Free Option

Can easily be made with almond flour or crushed pork rinds for a completely gluten-free, low-carb crunch.

- Effortless Cleanup

Requires just one basket air fryer, eliminating the messy oil splatters and pots associated with traditional frying.

Common Mistakes to Avoid:

1. Skipping the Pat-Drying Step: Leaving excess moisture on the chicken wings prevents the breading and skin from getting truly crispy.
2. Overcrowding the Air Fryer Basket: Piling wings on top of one another blocks airflow, resulting in unevenly cooked, soggy spots.
3. Skipping the Oil Mist: Forgetting a light spray of avocado or olive oil over the breading leaves dry, powdery white spots on the finished wings.

4. Turning the Heat Too High Initially: Cooking at maximum heat right away can burn the breading before the chicken cooks through to the bone.

Required Equipment:

- Large Air Fryer: Circulates high-velocity heat evenly to ensure every wing achieves an all-around crispy texture.
- Paper Towels: Essential for thoroughly patting the raw chicken wings dry before seasoning and breading.
- Tongs: Allows safe, easy flipping and tossing of hot wings without piercing the skin.
- Mixing Bowl: Provides ample space to toss the wings evenly in seasonings and breading ingredients.

Storage Instructions:

Store leftover cooked wings in an airtight container lined with a paper towel to absorb extra moisture, keeping them fresh in the refrigerator for up to 3 days. For longer storage, freeze the cooked wings in a single layer on a sheet pan before transferring them to a freezer-safe bag for up to 2 months. Reheat leftovers exclusively in the air fryer at 380°F for 4–5 minutes to restore their original crispy texture.

Recipe Details

- Preparation Time: 15 minutes
- Cooking Time: 25 minutes
- Total Time: 40 minutes
- Servings: 4 servings
- Best Season for This Recipe: All-Season

- Total Calories (Per Serving): ~340 kcal (Approximate estimate)

These Crispy, Breaded Wings in an Air Fryer combine juicy chicken with a light, flavorful crust cooked to golden perfection. They deliver all the deep-fried texture you love with a fraction of the oil and carbs. Follow the simple steps below to make restaurant-quality wings at home!

□ Ingredients:

- 2 lbs chicken wings (party style: drums and flats separated)
- 1 tablespoon baking powder (aluminum-free; note: helps dry the skin for maximum crispiness)
- 1/2 cup almond flour (or finely crushed pork rinds for strict keto)
- 1 teaspoon garlic powder
- 1 teaspoon smoked paprika
- 1/2 teaspoon onion powder
- 1 teaspoon salt
- 1/2 teaspoon black pepper
- 1.5 tablespoons avocado oil or olive oil spray

Directions:

1. Dry the Wings: Thoroughly pat the chicken wings dry on all sides using clean paper towels. *High-Protein Tip: Starting with completely dry chicken is the secret to achieving optimal crispiness without adding heavy starches.*
2. Season & Coat: In a large bowl, toss the dried wings with baking powder, salt, black

pepper, garlic powder, onion powder, and smoked paprika until evenly coated.

3. Add Breading: Sprinkle the almond flour (or crushed pork rinds) over the seasoned wings, tossing gently so a light, even layer adheres to each piece.
4. Preheat Air Fryer: Preheat your air fryer to 380°F (193°C) for 3 minutes. Lightly mist the air fryer basket with oil spray.
5. Arrange & Cook: Place the wings in a single layer in the air fryer basket without overcrowding them. Cook at 380°F for 15 minutes.
6. Flip & Crisp: Open the basket, use tongs to flip the wings, and lightly spray any remaining dry flour spots with oil. Increase air fryer temperature to 400°F (200°C) and cook for another 8–10 minutes until the skin is deep golden-brown and crispy.
7. Rest & Serve: Remove the wings from the air fryer and let them rest for 3 minutes before serving hot with your favorite dipping sauce.

Nutrition Facts (Per Serving – Approximate):

- Calories: 340 kcal
- Fats: 22 g
- Cholesterol: 115 mg
- Sodium: 580 mg
- Potassium: 220 mg
- Total Carbohydrates: 3 g
- Fiber: 1.5 g
- Net Carbs: 1.5 g

- Sugars: 0.5 g
- Protein: 28 g
- Calcium: 40 mg

Notes:

- Storage & Reheating: Refrigerate up to 3 days; reheat in the air fryer at 380°F for 4-5 minutes to regain crispiness.
- Allergy Swap: Use almond flour and dairy-free seasonings for a completely grain-free and dairy-free option.
- Flavor Boost: Toss the freshly cooked wings in buffalo sauce or garlic herb butter immediately after air frying.