



## Salt and Vinegar Wings

### **Ingredients:**

2 lbs Chicken Wings  
1 TBSP Baking Powder

### ***Salt & Vinegar Seasoning I used:***

<https://amzn.to/42bUZs6>

*This seasoning has zero carbs and zero calories and made using Himalayan Pink Salt*

### **Instructions:**

Place your chicken wings on a flat surface and pat them dry on both sides. Season with salt and pepper and sprinkle on baking powder. Adding baking powder is optional but it will help your wings get more crispy. Toss your wings until well coated.



Preheat your air fryer and set it to 380 degrees and place wings on the air fryer tray. Spray with Avocado or Olive Oil Spray on both sides. Cook for 10 - 15 minutes.

Once your wings are done in the Air Fryer, remove them and let them rest a few minutes on a wire rack. This will allow them to not get soggy on the bottom from the heat. Allow them to cool for about 5 minutes.

Place your wings into a bowl and sprinkle with the [Salt & Vinegar seasoning](#) to your liking. This seasoning goes a long way so you don't need a whole lot of it but add as little or as much as you like. This seasoning will last you quite a long time.

Serve your wings with celery and ranch on the side.

*\*The macros below I listed are per wing depending on how much you want to make.*

Servings: About 20 wings depending on the size of your wings

**Macros per wing:**

Net Carbs: 1  
Fiber: 0  
Total Carbs: 1  
Protein: 8  
Fat: 6  
Calories: 89