

Honey Garlic Jerk Chicken Wings (Air Fryer + Gluten-Free!)

Honey Garlic Jerk Chicken Wings ?? Sweet, Spicy, and Air Fried to Crispy Perfection



OVEN
400°F

TIME
17 min

METHOD
Air fryer

PRINT
Recipe Card

INGREDIENTS

For the Wings:

2 1/2 lbs chicken wing dings, disjointed with tips removed

Salt and pepper, to taste

8 tsp jerk seasoning (adjust to taste)

2 tsp baking powder

Cooking spray

For the Honey Garlic Glaze:

2 tbsp salted butter

5 garlic cloves, minced

1/4 cup honey

1 1/2 tsp tamari (gluten-free soy sauce alternative)

1/4 tsp gluten-free hot sauce

1/4 tsp ground or freshly grated ginger

1/8 tsp smoked paprika

DIRECTIONS

1. Step 1: Season the Wings: Pat the wings dry thoroughly with paper towels.
2. In a large bowl, toss wings with salt, pepper, jerk seasoning, and baking powder until evenly coated.
3. Step 2: Air Fry the Wings: Preheat your air fryer to 400°F (200°C).
4. Spray the air fryer rack with cooking spray.
5. Arrange wings in a single layer (no overcrowding!).
6. Air fry for 15-17 minutes, flipping halfway, until golden and crispy.
7. Step 3: Make the Honey Garlic Glaze: In a small saucepan over medium heat, melt butter and sauté minced garlic until fragrant.
8. Stir in honey, tamari, hot sauce, ginger, and paprika.
9. Simmer for 3-4 minutes, then remove from heat.
10. Step 4: Sauce and Crisp: Toss cooked wings in the honey garlic glaze until fully coated.
11. Return glazed wings to the air fryer for an additional 8 minutes to caramelize and crisp.

SWAPS & NOTES

: crispy skin, spicy Jamaican jerk vibes, and that irresistible sticky-sweet finish from garlic and honey.

Plus, air frying means a healthier cook with all the crunch and none of the excess oil.

Perfect for game day, parties, or when you're just craving something bold and saucy.

TIPS FOR SUCCESS

Don't skip the baking powder -it's key for getting that crispy skin.

Use parchment paper under the air fryer rack if your glaze is sticky-it helps with cleanup.

Jerk seasoning heat varies, so adjust to your spice level .

Add a dash more hot sauce to the glaze.

More recipes: [ChefManiac.com](https://chefmaniac.com)

Original recipe: <https://chefmaniac.com/honey-garlic-jerk-chicken-wings-air-fryer-gluten-free/>