

The Best Baked Garlic Parmesan Hot Wings I've Ever Made

baked garlic parmesan hot wings



OVEN
425°F

TIME
40-45 min

METHOD
Air fryer

PRINT
Recipe Card

INGREDIENTS

2 lbs chicken wings, separated into flats and drumettes

1 tbsp baking powder (aluminum-free)

1 tsp salt

1/2 tsp black pepper

1/2 cup unsalted butter, melted

4-6 cloves garlic, minced

1/2 cup grated parmesan cheese

1/4 cup chopped fresh parsley

1 tbsp red pepper flakes (optional, for a kick)

Swaps and Notes:

Baking Powder: Make sure to use aluminum-free baking powder. The aluminum in some brands can leave a metallic aftertaste. The baking powder raises the pH of the chicken skin, helping it to brown and crisp up beautifully.

Chicken: Using pre-separated wings (flats and drumettes) saves you a lot of time. If you buy whole wings, you can easily separate them yourself at the joint.

Garlic: Don't be shy with the garlic! The recipe calls for 4-6 cloves, but if you're a serious garlic lover, feel free to add even more.

Spice Level: For a little heat, add the red pepper flakes to the sauce. If you want them spicier, you can add a bit of your favorite hot sauce to the melted butter before adding the other ingredients.

Step-by-Step Instructions:

Prep the Wings: Pat the chicken wings completely dry with paper towels. This is a critical step for getting crispy skin. In a large bowl, toss the wings with the baking powder, salt, and pepper until they are evenly coated.

Arrange and Bake: Place a wire rack on a baking sheet and arrange the wings in a single layer on the rack, making sure they don't touch. This allows air to circulate around them and helps them get extra crispy. Bake at 425°F (220°C) for 40-45 minutes, flipping them halfway through. The wings should be golden brown and crispy.

Make the Sauce: While the wings are baking, prepare the sauce. In a small bowl, combine the melted butter, minced garlic, grated parmesan cheese, chopped fresh parsley, and red pepper flakes (if using).

Toss and Serve: Once the wings are done, transfer them to a large bowl. Pour the garlic parmesan sauce over the hot wings and toss to coat them completely. Serve immediately.

Tips for Success:

Dry Wings are Key: The drier your wings are before you add the baking powder and seasonings, the crispier they will be. Don't skip the patting down step!

Don't Skimp on the Sauce: These wings are all about that rich, savory sauce. Be generous with it, and make sure every wing is coated perfectly.

Serving Temperature: These wings are best enjoyed fresh and hot, right after they've been tossed in the sauce.

Serving Suggestions and Pairings:

Nutritional Information Per Serving:

Calories: 450-500

Protein: 35-40g

Fat: 35-40g

Carbohydrates: 2-5g

Storage and Leftover Tips:

More Recipes You Will Love:

For another crowd-pleaser, my Crockpot Nacho Dip is a set-it-and-forget-it favorite that disappears in minutes.

These Sheet Pan Quesadillas are my go-to for feeding a large group quickly and easily.

If you love cheesy dips, you have to try this Beer Cheese Dip—it's a party starter that never fails.

For a fun, customizable meal for a group, setting up a Walking Taco Bar is always a hit.

DIRECTIONS

1. **Prep the : Wings:** Pat the chicken wings completely dry with paper towels. This is a critical step for getting crispy skin. In a large bowl, toss the wings with the baking powder, salt, and pepper until they are evenly coated.
2. **Arrange and : Bake:** Place a wire rack on a baking sheet and arrange the wings in a single layer on the rack, making sure they don't touch. This allows air to circulate around them and helps them get extra crispy. Bake at 425°F (220°C) for 40-45 minutes, flipping them halfway through. The wings should be golden brown and crispy.
3. **Make the : Sauce:** While the wings are baking, prepare the sauce. In a small bowl, combine the melted butter, minced garlic, grated parmesan cheese, chopped fresh parsley, and red pepper flakes (if using).
4. **Toss and : Serve:** Once the wings are done, transfer them to a large bowl. Pour the garlic parmesan sauce over the hot wings and toss to coat them completely. Serve immediately.
5. **Tips for Success: Dry Wings are Key:** The drier your wings are before you add the baking powder and seasonings, the crispier they will be. Don't skip the patting down step!
6. **Don't : Skimp on the Sauce:** These wings are all about that rich, savory sauce. Be generous with it, and make sure every wing is coated perfectly.
7. **Serving : Temperature:** These wings are best enjoyed fresh and hot, right after they've been tossed in the sauce.
8. **Serving Suggestions and Pairings:** These wings are

fantastic on their own, but they're even better with a few classic pairings. A creamy ranch or blue cheese dressing for dipping is a must. Celery and carrot sticks offer a nice cool, crunchy contrast. For a truly unforgettable spread, serve them alongside other party favorites. A cold beer or a crisp dry white wine pairs perfectly with the rich, savory flavor.

9. Nutritional Information Per Serving: Calories: 450-500
10. Protein: 35-40g
11. Fat: 35-40g
12. Carbohydrates: 2-5g
13. Please note: Nutritional information is an estimate and can vary based on specific ingredients and brands used.
14. Storage and Leftover Tips: Garlic parmesan wings are best enjoyed immediately. If you do have leftovers, you can store them in an airtight container in the refrigerator for up to 2 days. To reheat, the best method is to pop them in an air fryer or back in the oven at 350°F (175°C) for 10-15 minutes to crisp them back up. Microwaving is not recommended as it will make them soggy.
15. More Recipes You Will Love: If you're planning a party or just looking for some delicious, shareable snacks, you'll love these other recipes:
16. For another crowd-pleaser, my : Crockpot Nacho Dip is a set-it-and-forget-it favorite that disappears in minutes.
17. These : Sheet Pan Quesadillas are my go-to for feeding a large group quickly and easily.
18. If you love cheesy dips, you have to try this : Beer Cheese Dip-it's a party starter that never fails.
19. For a fun, customizable meal for a group, setting up a Walking Taco Bar is always a hit.
20. Final Thoughts: These baked garlic parmesan hot wings have completely changed my wing game. No more messy frying, just pure, crispy, garlicky-cheesy goodness. They're a staple in my house for good reason, and I know they'll be a staple in yours too.
21. What's your favorite thing to serve with a plate of wings? Let me know in the comments below!

SWAPS & NOTES

Baking Powder: Make sure to use aluminum-free baking powder .

The aluminum in some brands can leave a metallic aftertaste.

The baking powder raises the pH of the chicken skin, helping it to brown and crisp up beautifully.

Chicken: Using pre-separated wings (flats and drumettes) saves you a lot of time.

TIPS FOR SUCCESS

Dry Wings are Key: The drier your wings are before you add the baking powder and seasonings, the crispier they will be.

Don't Skimp on the Sauce: These wings are all about that rich, savory sauce.

Be generous with it, and make sure every wing is coated perfectly.

Serving Temperature: These wings are best enjoyed fresh and hot, right after they've been tossed in the sauce.

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

Original recipe: <https://chefmaniac.com/the-best-baked-garlic-parmesan-hot-wings-ive-ever-made/>