

Air Fryer Chicken Wings



Servings: 6

*2 pounds chicken wings, split
1 tablespoon avocado oil
salt and pepper, to taste
barbeque sauce, optional*

Toss the chicken wings in avocado oil. Season with salt and pepper. Add to the air fryer basket.

Set your air fryer to 390°F. Cook the chicken wings for 22-26 minutes tossing the chicken wings every 5 minutes until fully cooked through.

Toss the chicken wings in your favorite barbeque sauce if you desire.

Serve

Per Serving (excluding unknown items): 20 Calories; 2g Fat (100.0% calories from fat); 0g Protein; 0g Carbohydrate; 0g Dietary Fiber; 0mg Cholesterol; 0mg Sodium; 0g Total Sugars; 0mcg Vitamin D; 0mg Calcium; 0mg Iron; 0mg Potassium; 0mg Phosphorus. Exchanges: .