

# Keto Garlic Parmesan Chicken Wings

Hands-on 15 minutes Overall 55 minutes

**Nutritional values (per serving):** Total carbs: 1.2 g, Fiber: 0.1 g, **Net carbs: 1.1 g,**

Protein: 17.5 g, Fat: 20.3 g, Calories: 259 kcal,

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## Ingredients (makes 6 servings)

14-16 chicken wings, cut at joints (~ 1.4 kg/ 3 lbs) - *freeze the wingtips for later to make chicken stock or bone broth.*

1/4 cup butter, melted (57 g/ 2 oz)

4 garlic cloves, minced

2 tbsp minced parsley

1 cup grated Parmesan cheese (90 g/ 3.2 oz)

*Optional: paleo Caesar dressing or Homemade Ranch Dressing, for serving*

## Instructions

1. Preheat oven to 230 °C/ 450 °F (conventional), or 210 °C/ 410 °F (fan assisted). Dry the chicken wings by patting them with a paper towel.
2. Heat a large cast iron skillet over medium high heat and sear the wings 2-3 minutes per side.
3. Transfer to the oven and bake another 20-30 minutes until golden and crisp. (Tip: For extra crispy chicken wings, follow this oven-baked method using baking powder.)
4. Add the garlic and butter to the skillet with the wings, stirring so that every wing gets coated in the sauce. Sprinkle in the parmesan and continue to cook just until melted.
5. Toss with the cooked wings and serve with Caesar dressing.
6. Serve immediately with the Caesar dressing.

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