

Oven-baked Barbecue Chicken Wings

(Reduced sodium)

Serves 2 (≈8 wings total, 4 per person)



Ingredients

- Chicken wings – 8 pieces (≈450–500 g)
- Olive oil – ½ T (7 ml)
- Black pepper – ¼ tsp
- Garlic powder – ½ tsp (optional)
- Smoked paprika – ½ tsp (optional, for smoky depth)
- Cornstarch (片栗粉) – 1 tsp (light dusting, optional, for crispness)

Low-Sodium Barbecue Sauce (makes ≈2/3 cup)

- Ketchup – 3 Tbsp
- Kevala coconut aminos – 1 tsp
- Apple cider vinegar – 1 tsp
- Honey – 1 tsp (or maple syrup)
- Smoked paprika – ¼ tsp
- Water – 1–2 T (to adjust thickness)
- Optional: pinch shiitake powder or broth mix (umami boost)

Instructions

1. Preheat & Prep

- Preheat oven to **200 °C**.
- Line a baking tray with foil or parchment, place a wire rack on top.

2. Season the Wings

- Pat wings dry with paper towels.
- Toss with **olive oil**, **black pepper**, **garlic powder**, **smoked paprika**, and optional **cornstarch** until evenly coated.

3. Bake – First Stage

- Arrange wings in a single layer on rack.
- **Bake 20 min**, flip, then bake **another 15–20 min** until golden and internal temp reaches **75 °C**.

4. Sauce & Final Bake

- In a small saucepan, combine **ketchup**, **coconut aminos**, **vinegar**, **honey**, **smoked paprika**, and **water**. **Heat gently** until smooth and brushable. Stir in pinch of **shiitake powder** if using.
- Brush wings generously with sauce. Return to oven **5–7 min** until sauce caramelizes and becomes sticky.
- (Optional: brush once more before serving for extra sauciness.)

5. Serve

- Garnish with sliced **scallions** or shredded **nori** for a Japanese twist.

Nutrition (per serving, ~4 wings + sauce)

- **Kcal:** ~560 kcal
- **Protein:** ~34 g
- **Fat:** ~36 g
 - Sat. Fat = ~9 g
- **Carbs:** ~15 g
 - Sugars = ~12 g
- **Fiber:** ~0 g
- **Sodium:** ~650–700 mg
- **Omega-3:** ~0.4 g

🌟 What changed?

- Dropped added salt (saves ~390 mg sodium).
 - Used **coconut aminos** instead of soy sauce.
 - Reduced honey to 1 tsp for lower sugar.
 - Added optional **shiitake powder / broth mix + nori garnish** for umami depth.
 - Cornstarch trick makes them crisper without frying.
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👉 For **8 wings (2 servings)** → **12 wings (3 servings)**, adjust like this:

🐔 Chicken & Seasoning

- Chicken wings: 12 pieces (≈700–750 g)
 - Olive oil: increase slightly → **3/4 Tbsp (≈11 ml)**
 - Black pepper: **1/3 tsp**
 - Garlic powder: still **1/2 tsp** is fine (you don't need much more)
 - Smoked paprika: **1/2–3/4 tsp**
 - Cornstarch: **1 1/2 tsp** if using
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🥄 Sauce

- The **low-sodium BBQ sauce** recipe (makes ≈2/3 cup) should *just about* cover 12 wings if you brush lightly.
 - If you want them generously coated, scale sauce up by **50%**:
 - Ketchup – 4½ T
 - Coconut aminos – 1½ tsp
 - Apple cider vinegar – 1½ tsp
 - Honey – 1½ tsp
 - Smoked paprika – scant ½ tsp
 - Water – as needed
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🕒 Cooking Time

- Bake time stays **the same (200 °C, 20 min + 15–20 min)**, then sauce glaze).
 - Just make sure the wings aren't crowded — use a larger baking tray or two trays if needed so air circulates and they crisp up properly.
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📊 Nutrition (per person, 4 wings each, adjusted for 3 servings)

- **Kcal:** ~555 kcal
- **Protein:** ~34 g
- **Fat:** ~35 g
 - Sat. Fat ≈ 9 g
- **Carbs:** ~15 g
 - Sugars ≈ 12 g
- **Sodium:** ~650–700 mg
- **Omega-3:** ~0.4 g