- Prep Time: 10 minutes
- Cook Time: 22–25 minutes
- Total Time: 35 minutes
- Servings: 2–3 (about 1.5 lbs of wings)
- Skill Level: Easy
- Equipment: Air fryer (4-quart or larger recommended), tongs, paper towels, mixing bowl

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Ingredients

For the Wings:

- 1.5 lbs (680 g) chicken wings, split into drumettes and flats (or 12–14 whole wings)
- 1 tablespoon baking powder (aluminum-free) — *the secret to crispy skin*
- 1 teaspoon garlic powder
- 1 teaspoon onion powder
- 1 teaspoon smoked paprika
- ½ teaspoon salt
- ½ teaspoon black pepper
- ¼ teaspoon cayenne pepper (optional, for heat)
- 1 tablespoon olive oil or avocado oil

For Serving (optional):

- Buffalo sauce, ranch, or blue cheese dip

- Celery and carrot sticks
- Fresh parsley, chopped

Instructions

Step 1: Prep the Wings (10 minutes)

1. Pat the chicken wings completely dry with paper towels. Moisture is the enemy of crispiness—this step is critical.
2. In a large mixing bowl, whisk together the baking powder, garlic powder, onion powder, smoked paprika, salt, pepper, and cayenne.
3. Add the wings to the bowl and toss until evenly coated. Drizzle with the olive oil and toss again.
4. *Optional:* For maximum crispiness, arrange the wings on a wire rack and refrigerate uncovered for 1–2 hours. This dries the skin further.

Step 2: Preheat the Air Fryer (3 minutes)

Preheat your air fryer to 380°F (193°C) for 3 minutes. Preheating ensures even cooking and a better sear.

Step 3: First Cook — Low & Slow (12 minutes)

1. Arrange the wings in a single layer in the air fryer basket, skin-side up. Do not overcrowd—cook in batches if necessary.

2. Air fry at 380°F (193°C) for 12 minutes.

Step 4: Flip and Shake (1 minute)

Using tongs, flip each wing over. Shake the basket gently to redistribute.

Step 5: Second Cook — High Heat for Crisp (8–10 minutes)

1. Increase the temperature to 400°F (204°C) .

2. Air fry for 8–10 minutes, flipping once halfway through, until the skin is deep golden brown and crispy, and the internal temperature reaches 165°F (74°C) .

3. *Intensity note:* The final high-heat blast is what creates that crackly exterior. Watch closely during the last 2 minutes to prevent burning.

Step 6: Rest and Toss (2 minutes)

1. Transfer wings to a bowl and let rest for 2 minutes.

2. Toss with your favorite sauce (Buffalo, honey garlic, BBQ) or serve dry with dipping

sauces.

Step 7: Serve

Garnish with fresh parsley and serve immediately with celery, carrots, and dip.

Time & Intensity Summary Table

Phase	Temperature	Time	Intensity
Prep & Dry	—	10 min	Low
Preheat	380°F (193°C)	3 min	Low
First Cook	380°F (193°C)	12 min	Medium
Flip	—	1 min	Low
Second Cook	400°F (204°C)	8–10 min	High (watch closely)
Rest & Toss	—	2 min	Low
Total	—	~35 min	Easy–Moderate

Nutrition Information (Per Serving)

Based on 3 servings, wings only (no sauce).

- Calories: ~320 kcal
- Total Fat: 22 g

- Saturated Fat: 6 g
- Cholesterol: 95 mg
- Sodium: 480 mg
- Total Carbohydrates: 2 g
- Dietary Fiber: 0 g
- Total Sugars: 0 g
- Protein: 28 g