

Foodnity Recipes

Crispy Air Fryer Chicken Wings

15 min Prep time	**25 min** Cook time	**40 min** Total time
4 Servings	**Easy** Difficulty	**American** Cuisine

Ingredients

Wing Rub

- [ ] 1 lb chicken wings (approx. 12 wings)
- [ ] 1 tbsp olive oil
- [ ] 1 tsp kosher salt
- [ ] 1 tsp garlic powder
- [ ] 1 tsp smoked paprika
- [ ] 1/2 tsp black pepper
- [ ] 1/2 tsp dried thyme
- [ ] 1/2 tsp cayenne pepper (optional)

Glaze

- [ ] 2 tbsp melted unsalted butter
- [ ] 2 tbsp hot sauce (optional for coating)

Instructions

1. First things first, let's get that air fryer warmed up. Preheat it to 360°F (182°C) for about 3 minutes; it just makes everything more consistent, honestly.
2. Now, take a moment to pat the chicken wings dry with paper towels. I mean, it seems like a small thing, but removing that excess moisture is really the secret to getting them truly crispy.
3. In a large bowl, go ahead and whisk together your olive oil, kosher salt, garlic powder, smoked paprika, black pepper, dried thyme, and that optional cayenne pepper until it's all well combined.
4. Add the wings to the bowl and give them a good toss. You want to make sure each wing is evenly coated in that lovely spice mixture.
5. Carefully place the wings in the air fryer basket in a single layer. Look, make sure they don't overlap, or they won't crisp up right. If your basket is a bit smaller, just cook them in two batches.
6. Cook them for 12 minutes at 360°F. Then, using your tongs, carefully flip each wing and let them go for another 10–12 minutes until they're a beautiful golden brown.
7. While the wings are finishing up, whisk your melted unsalted butter with the hot sauce (if you're using it) to make a quick, simple glaze.
8. Just before the timer goes off, drizzle that glaze over the wings and give them a gentle toss. It's so satisfying to see them get all glossy.

9. Take the wings out and let them rest for about 2 minutes on a serving platter. I know it's hard to wait, but it's worth it.

10. Serve them up hot with some fresh celery sticks, carrot sticks, and whatever dipping sauce you love, like ranch or blue cheese.

Nutrition per serving

320 kcal	26 g	4 g	22 g
Calories	Protein	Carbs	Fat

Tips & notes

- Using paper towels to dry the wings is non-negotiable for that crunch.
- Don't overcrowd the basket; air needs to circulate to crisp the skin.
- Adjust the cayenne pepper based on who you are feeding.