

# Bloody Mary Chicken Wings

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## **Servings: 4**

*1 teaspoon kosher salt  
1 teaspoon celery seeds, crushed  
1 teaspoon pepper  
1/2 teaspoon garlic powder  
1/2 teaspoon smoked paprika  
2 pounds split chicken wings  
1/4 cup all-purpose flour  
lemon wedges (for serving)  
hot sauce (for serving) (optional)  
olive oil spray  
celery leaves (for garnish) (optional)  
celery sticks (for dipping) (optional)  
cocktail sauce (for dipping) (optional)*

## **Cook Time: 1 hour 10 minutes**

In a bowl, stir together the salt, celery seeds, pepper, garlic powder and smoked paprika. Toss with the chicken wings.

Sprinkle the wings with flour. Toss to coat.

Cook the wings in appropriate way until golden brown, crispy and cooked through.

Garnish with celery leaves, if desired.

Serve with lemon wedges and celery sticks and hot sauce, if desired.

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Per Serving (excluding unknown items): 33 Calories; trace Fat (6.3% calories from fat); 1g Protein; 7g Carbohydrate; trace Dietary Fiber; 0mg Cholesterol; 471mg Sodium. Exchanges: 1/2 Grain(Starch); 0 Lean Meat; 0 Fat.