MIDDLE EASTERN · DINNER · LUNCH

Jawaneh (Lebanese Lemon and Spice Chicken Wings)

35 min · plus 4 hours (or overnight) marinating · Serves 2 · 486 kcal a serve

Video 3:10 · Henrys HowTos

Gluten-free ingredients · No nuts listed

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Oven-baked wings in a lemon, yoghurt and spice marinade: about 33 g protein and 4 g net carbs a serve, 69% of the energy from fat, and rich in selenium, vitamin B6 and zinc.

Diet notes: Keto (4.2 g net carbs a serve).

Ingredients 12 · SERVES 2

- [ ] 500 g **chicken wings**
- [ ] 3 tbsp **lemon juice**
- [ ] 2 tbsp natural (unsweetened) yoghurt
- [ ] 2 tbsp **olive oil**
- [ ] 1 tsp **salt**
- [ ] 1 tsp **garlic powder**
- [ ] 1 tsp **sweet paprika**
- [ ] 1 tsp **dried parsley** (or oregano)
- [ ] 1 tsp **ground coriander**
- [ ] ¼ tsp **ground cinnamon**
- [ ] ½ tsp **black pepper**
- [ ] **lemon wedges**, to serve

Amounts in metric units, converted from the cook's and rounded — the video has the originals.

Allergens found in the listed ingredients: Milk. Worked out from the ingredient list, not tested. Stock, sauces, spice mixes and other packaged foods can contain allergens, so always read the labels on what you buy. If you have a food allergy, don't rely on this.

Method TIMES = THE MOMENT IN THE VIDEO

1. In a bowl, whisk the lemon juice, yoghurt and olive oil with the salt, garlic powder, paprika, parsley, coriander, cinnamon and black pepper. 0:21
2. Add the chicken wings and toss until they are all well coated. Cover and marinate in the fridge for about 4 hours, or overnight for the best result. 0:59
3. Heat the oven to 180 °C. Toss the wings through the marinade again and spread them on a baking tray lined with baking paper. 1:23
4. Bake for 10 minutes, turn them over and bake 10 minutes more; give them an extra 5 minutes if you want them deeper golden and crisp (or grill them instead). 1:56
5. Serve hot with lemon wedges on the side. 2:34

> **Tip** Serves 2 as a main (our estimate) or 4 as part of a mezze spread. The cook serves them with Lebanese garlic sauce (toum) — a keto-friendly dip made from garlic, oil and lemon.

The method is a summary in our words — the video shows every step.

One serve gives you 1 OF 2 · ESTIMATE

ENERGY	PROTEIN	CARBOHYDRATE	FIBRE	FAT	SODIUM
486 kcal	**33** g	**5.6** g	**1.5** g	**37** g	**1,270** mg
2,030 kJ	65% of a day	4.2 g net · 1.6 g sugars	5% of a day	8.6 g saturated	55% of a day
		2% of a day		48% of a day	

Energy from net carbs 3% · protein 27% · fat 70% — fits keto: 4.2 g net carbs, 70% of the energy from fat

High in (20%+ of a day) Selenium 53% · Vitamin B6 32% · Zinc 22%

Source of (10–19%) Vitamin E 18% · Vitamin B12 17% · Omega-3 16% · Iron 12% · Vitamin C 12% · Vitamin K 11%

⚠ One serve has about 55% of a day's sodium — less salt, stock or sauce (or reduced-salt versions) brings it down.

Recipe and video: Henrys HowTos (@HenrysHowTos) on YouTube — youtube.com/watch?v=AZZgA0mEEq8, published 13 October 2022. All credit for the recipe goes to the cook; please watch and support their channel.

By Notbroken: the method summary, the unit conversions, the diet notes and the nutrition estimate — worked out from the ingredient list with USDA FoodData Central values; % of a day compares one serve with the US FDA daily values on food labels (2,000 kcal). Brands, portions and cooking change the real numbers.

General information about food, not medical or dietary advice. Free, no sign-up: notbroken.io/eat/jawaneh-lebanese-lemon-garlic-wings