



INGREDIENTS

- 12 chicken wings
- 1 oz canola oil
- 2 tbsp hot sauce
- 1 tbsp garlic powder
- 1 tbsp orange juice
- salt and pepper to taste



Franklin Becker
CELEBRITY CHEF

A type 2 diabetes diet doesn't have to be bland. You can still enjoy tasty, delicious food

BAKED CHICKEN WINGS

METHOD:

1. Preheat oven to 375°F
2. In a bowl, toss the wings with salt, garlic powder, and pepper. Add hot sauce, orange juice, and allow to marinate in the refrigerator for 20 minutes
3. Add the oil and toss the wings again
4. Place on a sheet tray and bake in the oven for 30 minutes. Turn and bake another 15 minutes longer
5. Remove from the pan and serve

Yield: 4 servings. **Per Serving:** 129 calories, 11.8g fat, 3.7g protein, 2.7g carbs.

Want more recipes? Download more delicious and nutritious type 2 diabetes–friendly recipes at Ozempic.com.

Estimated nutrition information is provided as a courtesy. Data gathered via Verywell Fit and/or other online calculators. We strive to make this information as accurate as possible; however, Novo Nordisk makes no warranties regarding its accuracy.

Franklin Becker is a celebrity chef living with type 2 diabetes, Ozempic® patient since 2020, and a paid spokesperson of Novo Nordisk.