



Hungry Girl's Great Garlic Parmesan Wings



1/6th of recipe (3 pieces): 235 calories, 16g total fat (5g sat fat), 321mg sodium, 0.5g carbs, 0g fiber, 0.5g sugars, 19.5g protein

Green Plan [SmartPoints](#)® value 7*

Blue Plan (Freestyle™) [SmartPoints](#)® value 7*

Purple Plan [SmartPoints](#)® value 7*

Prep: 10 minutes **Cook:** 40 minutes



Tagged: [Recipes for Sides, Starters & Snacks](#), [Four or More Servings](#)

Ingredients

9 chicken wings, tips removed, drumettes and flats separated (see HG tips below)
1/4 tsp. each salt and black pepper
2 wedges The Laughing Cow Light Creamy Swiss cheese
2 tbsp. light whipped butter or light buttery spread
1/2 tsp. garlic powder
2 tbsp. grated Parmesan cheese
Optional: red pepper flakes

Directions

Season wings with salt and pepper.

Bring a large skillet sprayed with nonstick spray to medium heat. Lay half of the wings in the skillet. Cover and cook for 10 minutes.

Flip wings. Re-cover, and cook until golden brown and cooked through, about 10 more minutes.

Repeat with remaining wings.

Meanwhile, in a medium microwave-safe bowl, combine cheese wedges, butter, garlic powder, and 2 tsp. water. Microwave for 40 seconds, or until cheese and butter have melted. Whisk until mostly smooth and uniform.

Place wings in a large bowl. Drizzle with cheese mixture, and toss to coat. Add Parm, and toss to coat again.

MAKES 6 SERVINGS

HG Tips: To remove the tips, pull them apart from the flats (the middle parts), making a "V" shape; then cut directly into the center of the "V." To separate the wings, pull them apart so the tendon separates, and cut parallel to the drumette right at the tendon. When in doubt, ask the butcher to separate them for you!

SmartPoints® value* not what you expected? We follow the same method as Weight Watchers when calculating recipe values: We add up the **SmartPoints**® values* of the individual ingredients using the Recipe Builder. (Many foods have a value of zero and remain zero in recipes.)

*The **SmartPoints**® values for these recipes were calculated by Hungry Girl and are not an endorsement or approval of the product, recipe or its manufacturer or developer by Weight Watchers International, Inc., the owner of the **SmartPoints**® trademark.