



Categories: Family Friendly. Keto. Low Carb.

Slow Cooker Parmesan Reggiano Wings

Prep time: 20mins

Total time: 3 hours

Ingredients

1 stick of butter

3 cloves fresh garlic minced

1Tbs Dry Italian seasoning

¾ Cup Parmesan Reggiano Divided

Salt

Pepper

1 Pound fresh chicken wings. If using Frozen, you will need to cook longer.

Directions

Preheat slow cooker to high

Add everything to slow cooker, except the wings and ½ cup cheese.

Melt everything together. (You could also melt and mix in saucepan and skip the preheat of the slow cooker)

Add wings and stir to coat

Cover and cook on high about 2 ½ hours

Preheat broiler

Transfer wings to baking pan and add remaining cheese. Broil 5-7 mins until desired crispiness.

Serve hot.

Can serve with hot sauce, blue cheese dressing, or Ranch and celery

Macronutrient Breakdown

Calories: 1475: Total Fat: 130g. Net Carbs: 7grams. Protein 77g