Angels were created from light, Jinn were created from a smokeless flame of fire, and Adam was created from what was described to you

‘Ā'ishah (may Allah be pleased with her) reported that the Prophet (may Allah's peace and blessings be upon him) said: "Angels were created from light, Jinn were created from a smokeless flame of fire, and Adam was created from what was described to you (in the Qur'an)."

[Authentic hadith] [Narrated by Muslim]

The Prophet (may Allah's peace and blessings be upon him) informed us about the beginning of creation. He first mentioned that the angels were created from light, and for this reason they do not disobey Allah nor are they prevented by arrogance from worshiping Him. As for the jinn, they were created from fire, and for this reason many of them are characterized by recklessness, vanity, and hostility. As to Adam, he was created from "what was described to you", i.e. he was created from dust and clay. Dust became sticky clay then dry clay, like pottery, and Adam was created therefrom.

http://sunnah.global/hadeeth/en/show/8264