



Air Fryer Chicken Drumsticks

Description

The ultimate recipe for juicy tender air fried chicken drumsticks with an irresistible crispy crunch with just a little oil and some seasonings, no additional breading needed!

The only oil we're using in this recipe is a tiny bit – about two tablespoons – of heart healthy avocado or olive oil.

About Time

- **Prep Time** 5 mins
- **Cook Time** 25 mins
- **Total Time** 30 mins

Ingredients

- 8 chicken drumsticks
- 2 tbsp olive oil
- 1 tsp celtic sea salt
- 1 tsp fresh cracked pepper
- 1 tsp garlic powder
- 1 tsp paprika
- 1/2 tsp cumin

Instructions

1. In a small bowl, combine herbs and spices.
2. Set aside.

3. Place drumsticks in a bowl or a plastic bag and drizzle with olive oil.
4. Toss to coat.
5. Sprinkle herbs and spices all over drumsticks to coat them.
6. Preheat air fryer at 400 for 2-10 minutes.
7. Place drumsticks in air fryer basket and cook for 10 minutes on 400.
8. Remove basket and flip chicken drumsticks.
9. Cook at 400 for another 10 minutes.
10. If chicken is not 165 degrees internally, add another 5 minutes of cook-time.
11. Time can vary based on drumstick size, so do check the temperature with a digital thermometer after cooking to prevent over or under cooking.
12. When chicken has reached 165 degrees internally, serve immediately.

Amount Per Serving

- CALORIES: 201
- FATS: 12g
- CHOLESTEROL: 116mg
- SODIUM: 381mg
- CARBOHYDRATES: 1g
- PROTEIN: 22g

Category

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Date

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