



Air Fryer Fried Chicken

Description

About Time

- **Prep Time** 10 minutes
- **Cook Time** 25 minutes
- **Marinade** 1 hour
- **Total Time** 35 minutes
- **Servings** 4 people

default watermark

Amount Per Serving

- **Calories:** 318kcal
- **Carbohydrates:** 21g
- **Protein:** 21g
- **Fat:** 15g
- **Saturated Fat:** 4g
- **Cholesterol:** 74mg
- **Sodium:** 2055mg
- **Potassium:** 297mg
- **Fiber:** 1g
- **Sugar:** 2g
- **Vitamin A:** 325IU
- **Vitamin C:** 23.9mg
- **Calcium:** 56mg
- **Iron:** 2.3mg

Ingredients

Marinade

- ½ whole chicken cut into separate pieces (breast, thigh, wing, and leg)
- ½ cup hot sauce
- ½ cup buttermilk

Seasoning

- ¾ cup All-Purpose Flour
- 2 teaspoon seasoning salt
- 1 teaspoon garlic powder
- 1 teaspoon onion powder
- 1 teaspoon Italian seasoning
- ½ teaspoon cayenne pepper
- Oil for spraying Canola or Vegetable

Instructions

- Place chicken pieces in buttermilk and hot sauce. Place in refrigerator and allow to marinate anytime from 1-24 hours.
- Whisk together all-purpose flour, seasoning salt, garlic powder, onion powder, italian seasoning, and cayenne pepper in a bowl. Set aside.
- Place a parchment liner in the Air Fryer basket.
- Remove a piece of chicken from the buttermilk mixture and place in the flour mixture, coating all sides of the chicken and shaking off any excess flour. Place the chicken pieces in the basket in a single layer.
- Close the Air Fryer basket and set temperature to 390 degrees Fahrenheit and timer to 25 minutes. Start the Air Fryer.
- After 13 minutes, open the air fryer and spray any flour spots on the chicken. Flip the chicken and spray the other side with oil, ensuring all the flour spots are covered. Close the Air fryer and cook for 12 more minutes.
- Once the timer is up, open the Air Fryer and check chicken pieces with a quick read thermometer. Chicken is done when it reaches an internal temperature of 165 degrees at the thickest part of the chicken.

Category

1. Air Fryer Recipes

Date

13/12/2024