

Air Fryer Chicken Drumsticks (Chicken legs)



These air fryer chicken drumsticks works with chicken legs too, and take less than 14 minutes to cook! A secret ingredient guarantees the chicken is crispy on the outside and extra juicy every single time.

Course	Main Course
Cuisine	American
Prep Time	1 minute
Cook Time	13 minutes
Total Time	14 minutes
Servings	6 drumsticks
Calories	168kcal
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Ingredients

- 6 chicken drumsticks
- 2 teaspoons baking powder
- 1 teaspoon smoked paprika
- 2 teaspoons Italian seasoning
- 1 teaspoon garlic powder
- 1 teaspoon onion powder
- 1 teaspoon brown sugar
- 2 tablespoons olive oil

Instructions

1. Preheat the air fryer to 400F.
2. In a small bowl, add the baking powder, smoked paprika, Italian seasoning, garlic powder, onion powder, and brown sugar, and mix well.
3. Pat dry the chicken drumsticks. Toss the drumsticks through the spice mix then drizzle the oil all over.
4. Place the drumsticks in the air fryer basket and cook for 8 minutes, flip, and cook for a further 6-8 minutes, or until cooked and crispy.
5. Serve immediately with your favorite sides.

Notes

TO STORE: Leftovers can be stored in an air-tight container in the refrigerator for 4-5 days.

TO FREEZE: Air fryer chicken drumsticks can be frozen in a ziplock bag for up to 3 months.

TO REHEAT: Either microwave them for 20-30 seconds or reheat in the air fryer until crispy.

Nutrition

Serving: 1drumstick | Calories: 168kcal | Carbohydrates: 2g | Protein: 14g | Fat: 12g | Sodium: 221mg | Potassium: 194mg | Fiber: 1g | Vitamin A: 210IU | Vitamin C: 1mg | Calcium: 99mg | Iron: 1mg | NET CARBS: 1g