

Air-Fried Chicken Drumsticks

Prep: 5 minutes | Cook: 25 minutes | Total: 30 minutes

Yield: 2 servings | Serving Size: 2 drumsticks

Ingredients

- ½ teaspoon sweet or smoked paprika
- ½ teaspoon garlic powder
- ½ teaspoon ground black pepper
- ¼ teaspoon salt
- 4 (4- to 6-ounce) chicken drumsticks (about 1 pound total), pat dry with paper towels
- 1 tablespoon olive oil

Directions

1. In a small bowl, stir together the paprika, garlic powder, black pepper, and salt.
2. Coat the drumsticks with the olive oil.
3. Sprinkle the drumsticks with the seasoning mixture, rubbing to coat evenly.
4. Preheat an air fryer to 400°F.
5. Place the drumsticks in the basket of the air fryer and cook for 10 minutes.
6. Use tongs to flip the drumsticks over and cook for 8 minutes.
7. Check the internal temperature for a doneness of 165-175°F. If not cooked through, cook for 2-5 minutes until done.
8. Serve warm.

Directions

- Remove the skin before cooking to reduce the fat content, if desired.

Nutrition Facts Per Serving: Calories: 300 | Total Fat: 19 g | Saturated Fat: 4.5 g
Sodium: 380 mg | Total Carbohydrate: 1 g | Dietary Fiber: 0.5 g | Protein: 29 g

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