

Air-Fryer Chicken Drums

Crispy chicken drums are SO yummy. I have found it is tough to get chicken drums crispy without adding all the extra breading and deep-frying. Now, don't get me wrong, I will still eat some deep-fried or breaded chicken drums, but I like finding some alternatives that are not as packed with saturated fats and calories. The air-fryer helped me here; air-fried chicken drums are crispy on the outside and juicy on the inside! For those that do not have an air-fryer, no worries, I give oven instructions too. Feel free to sub out my rub for one you like!

Ingredients:

No Sodium Homemade Rub (feel free to use another rub)

2 tsp	Ground black pepper
1 tbsp	Garlic powder
1 tbsp	Onion powder
2 tsp	Paprika
2 tsp	Cumin

Chicken

8 each Chicken drumsticks (about 4 oz each)

Directions:

1. Add all dry rub ingredients into a large 1-gallon freezer bag or large bowl with lid. Whisk or shake bag until combined. If using a store-bought rub, open the package and place in bag or large bowl.
2. Add chicken drums in the baggie or bowl. Close baggie (or place lid on bowl). Shake chicken drums until all are well coated with rub. For best flavor, allow the chicken to marinate in the rub for 30 minutes in the fridge. However, you do not have to do that.

Air-Fryer Method

3. Preheat air-fryer to 400 degrees F
4. Place chicken drums in single layer and cook for 20 minutes or until internal temperature of chicken is 165 degrees F. Flip chicken drums at the 10-minute mark.

Oven Method

3. Preheat oven to or oven to 425 degrees F.
4. Place chicken drums in single layer on greased baking sheet. Bake for 40 minutes or until internal temperature of chicken is 165 degrees F. Flip chicken drums at the 20-minute mark.

Servings: 8 chicken drumsticks
 Serving size: 4 oz (1) chicken drumstick

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Nutrition Facts		
Serving Size: 1 Chicken Drum		
Amount Per Serving		% Daily Value*
Calories	161.9 kcal	8 %
Total Fat	7.2 g	11 %
Saturated Fat	2 g	10 %
Trans Fat	0 g	
Cholesterol	115 mg	38 %
Sodium	87.7 mg	4 %
Total Carbohydrate	2.5 g	1 %
Dietary Fiber	0.6 g	3 %
Sugars	0.2 g	
Protein	21.5 g	43 %
Vitamin A	6 % • Vitamin C	0 %
Calcium	1 % • Iron	5 %
* Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.		
Full Info at cronometer.com		</>