



Air Fryer KFC Chicken Recipe

Description

This air fryer KFC chicken recipe is even better than the original! Say goodbye to takeout and hello to this copycat KFC copycat recipe!

Ingredients

Chicken Ingredients:

- 1 cup buttermilk
- 2 large eggs
- 1 1/2 cup all-purpose flour
- 1/2 cup cornstarch
- 8 pieces chicken, thighs, breasts, wings, or legs

Seasoning Mix:

- 3 tablespoons paprika
- 1 1/2 tablespoons garlic powder
- 1 tablespoon onion powder
- 2 teaspoons salt
- 2 teaspoons celery salt
- 2 teaspoons black pepper
- 2 teaspoons dried mustard powder
- 2 teaspoons ground ginger
- 1 teaspoon dried thyme
- 1 teaspoon dried basil
- 1 teaspoon dried oregano

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Instructions

- In a large bowl, mix the eggs and buttermilk, whisk to combine.
- In another bowl, mix the flour, cornstarch, paprika, garlic powder, onion powder, salt, celery salt, pepper, mustard, ginger, thyme, basil, and oregano. Whisk to combine.
- Preheat your air fryer to 375 degrees for 5 minutes.
- Dip your chicken into the buttermilk mixture, let any excess drip off.
- Then place the chicken into the flour mixture and press the flour onto the chicken to make sure it sticks. Shake off any excess.
- Spray the basket with olive oil, and then place the chicken into the basket. Generously spray your chicken with cooking spray. Air fry for 25-30 minutes, flipping halfway through and spraying with more cooking spray.
- Chicken is done with it reaches 165 degrees F, and the outside is golden brown.
- Plate, serve, and enjoy!

Equipment

- Air Fryer

Nutrition

Serving: 1 Serving Calories: 170 kcal Carbohydrates: 30g Protein: 6g Fat: 3g Saturated Fat: 1g Polyunsaturated Fat: 1g Monounsaturated Fat: 1g Trans Fat: 0.01g Cholesterol: 51mg Sodium: 1216mg Potassium: 143mg Fiber: 2g Sugar: 2g Vitamin A: 241IU Vitamin C: 5mg Calcium: 64mg Iron: 2mg

Category

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