

Air Fryer Fried Chicken



4.95 from 516 votes

Delicious "fried" chicken done in an Air Fryer! This air fryer chicken is the best recipe out there!

Prep Time 4 mins	Cook Time 25 mins	Total Time 29 mins
---------------------	----------------------	-----------------------

Course: Main Course Cuisine: Chicken Servings: 4 Calories: 327kcal

Author: Karlynn Johnston

Ingredients

- 1/2 cup all purpose flour
- 1 egg beaten
- 4 small chicken thighs skin on
- 1 1/2 tablespoons Old Bay Seasoning
- 1 teaspoon seasoning salt
- cooking spray if desired

Instructions

1. Pre-heat the Air Fryer to 390 degrees.
2. Whisk together the flour, salt and the Old Bay.
3. Dredge the chicken through the flour mixture, then into the egg, then back into the flour mixture again. Shake off excess flour very well. If you want to, you can spray the chicken with cooking spray lightly at this point, but I don't bother.
4. Place the 4 chicken thighs into the bottom of the AirFryer cooking compartment. Cook for 25 minutes or until the chicken reaches 180 degrees.
5. Remove and serve.

Notes

Old bay is what makes this so good!

Nutrition

Calories: 327kcal | Carbohydrates: 13g | Protein: 21g | Fat: 20g | Saturated Fat: 5g | Cholesterol: 151mg | Sodium: 686mg | Potassium: 321mg | Fiber: 1g | Vitamin A: 1405IU | Calcium: 21mg | Iron: 2.2mg

All calories and info are based on a third party calculator and are an estimate. Actual nutritional info will vary with brands used, your measuring methods etc.