

Extracted from:

<https://therecipecritic.com/air-fryer-whole-chicken/>

## Air Fryer Whole Chicken



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Air Fryer Whole Chicken is going to change the way you do chicken! Super easy, it comes out perfectly tender, juicy and full of flavor!

PREP TIME: 5minutes

COOK TIME: 1hour

TOTAL TIME: 1hour -- 5minutes

COURSE: Dinner, Main Course

CUISINE: American

SERVINGS: 8 People

CALORIES: 327 kcal

### INGREDIENTS

- 1 (4-5) pound whole chicken giblets removed
- 2 Tablespoons olive oil
- 1 Tablespoon Italian seasoning
- 1 teaspoon garlic powder
- 1/2 teaspoon paprika
- salt and pepper

### INSTRUCTIONS

1. Rub the chicken with the oil. In a small bowl combine italian seasoning, garlic powder, paprika and salt and pepper. Rub all over the chicken.



2. Place the chicken breast side down in the air fryer. Cook at 360 degrees for 30 minutes.



3. Flip the chicken and cook for an additional 30 minutes or until the chicken reaches an internal temperature of 165 degrees.



### NUTRITION

Calories:

327kcal // Carbohydrates: 1g // Protein: 25g // Fat: 24g

Saturated Fat: 6gTrans

Fat: 1g Cholesterol: 102mg // Sodium: 96mg

Potassium: 272mg // Fiber: 1g // Sugar: 1g

Vitamin A: 263IU // Vitamin C: 2mg // Calcium: 26mg // Iron: 2mg