

Air-Fried Chicken Legs with Mashed Potatoes



Servings: 3

For the Chicken Legs:

3 chicken legs

1 tablespoon avocado oil

salt and pepper

Italian seasoning

For the Mashed Potatoes:

1 pound white potatoes, quartered

2 tablespoons unsalted butter

For the Chicken Legs:

Coat both sides of each chicken leg with avocado oil. Season with salt, pepper, and Italian seasoning.

Place the chicken legs into the air-fryer and cook at 390°F for 22-28 minutes or until the chicken legs are fully cooked.

For the Mashed Potatoes:

Place the potatoes in a pot of salted boiling water. Cook for 15-20 minutes or until tender.

Drain the potatoes and add unsalted butter. Mash with a potato masher until you reach your desired consistency.

Serve on a plate with the chicken.

Per Serving (excluding unknown items): 948 Calories; 67g Fat (64.5% calories from fat); 59g Protein; 24g Carbohydrate; 4g Dietary Fiber; 340mg Cholesterol; 314mg Sodium; 2g Total Sugars; trace Vitamin D; 47mg Calcium; 3mg Iron; 1317mg Potassium; 629mg Phosphorus. Exchanges: .