

Slow Cooker Drumsticks

Description

Get delicious, fall-off-the-bone meat with this easy slow cooker drumsticks recipe that just uses 4 ingredients!

Prep Time 5 minutes mins

Cook Time 2 hours hrs

Total Time 2 hours hrs 5minutes mins

Servings 6 servings

Calories 369

Equipment

Slow Cooker

Ingredients

- 2 teaspoons smoked paprika
- 2 teaspoons granulated garlic powder
- 1 teaspoon kosher salt
- 3 pounds chicken drumsticks
- 1 ½ cups BBQ sauce

Instructions

- Mix together the paprika, garlic powder, and salt in a small bowl.
- Place the chicken drumsticks in a 6-quart slow cooker. Sprinkle with the spice mixture and toss to coat. Pour over ½ cups of bbq sauce and smooth to cover the tops of the chicken legs.
- Cover and cook on high for 2-4 hours or low for 4-6, or until the chicken is cooked through and very tender.

For Crispy Skin

 Carefully remove to a foil lined broiler safe pan. Discard the remaining cooking liquid, or strain and reserve for another use. Brush all sides of the chicken legs with remaining 1 cup bbg sauce, then broil on high for 2-4 minutes, flip, then broil an additional 2 minutes or until just starting to crisp, watching it carefully to avoid burning. *Trust me, donâ??t walk away or the chicken will burn.

Notes

Sugar content and nutritional information will depend on the specific BBQ sauce used.

For paleo and refined sugar free version, be sure to look for a barbecue sauce with paleo friendly ingredients.

For more ingredients & modifications, see the full blog post above. Watermark

Nutrition

Serving: 1 (of 6) | Calories: 369kcal | Carbohydrates: 30g | Protein: 28g | Fat: 15g | Saturated Fat: 4g | Polyunsaturated Fat: 3g | Monounsaturated Fat: 6g | Trans Fat: 0.1g | Cholesterol: 140mg | Sodium: 783mg | Potassium: 524mg | Fiber: 1g | Sugar: 24g | Vitamin A: 394IU | Vitamin C: 0.4mg | Calcium: 41 mg | Iron: 2mg

Category

1. Crockpot Recipes

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