



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 1 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 bbq 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.

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: 41mg | Iron: 2mg

Category

1. Crockpot Recipes

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