

# AIR FRYER WHOLE CHICKEN

*yield:* **6 SERVINGS**

*prep time:* **5 MINUTES**

*cook time:* **50 MINUTES**

*total time:* **55 MINUTES**

*Cook a chicken in the the air fryer and you'll never go back to the regular oven!*

## INGREDIENTS

- 5 lb whole chicken
- 2 tablespoons butter
- 1 Goya Sazón packet
- 1/2 onion (to stuff inside chicken)

## DIRECTIONS

- 1 Remove insides from chicken.
- 2 Rub chicken with butter, and also season to taste. Insert onion into chicken.
- 3 Place chicken inside air fryer. Set cook time and timer to 350 degrees for 30 minutes.
- 4 Flip chicken over and set timer for another 20 minutes.
- 5 Check to make sure chicken is done. Internal temp should reach 165 degrees.
- 6 Toss the onion (it's only for flavor).

## NUTRITIONAL INFORMATION

Yield: 6 servings, Serving Size: 1/6 of whole chicken

*Amount Per Serving:* Calories: 803, Total Carbohydrates: 0g, Fiber: 0g, Net Carbohydrates: 0g, Total Fat: 54g, Protein: 63g

*Brought to you by Hip2Keto.*