

# Crispy Baked Chicken Legs



Crispy baked chicken legs inspired by my daughter, Ivy. This is fast and easy.

By Fernandes

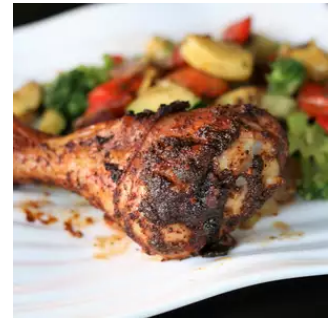
**Cook:** 45 mins

**Total:** 50 mins

**Prep:** 5 mins

**Servings:** 8

**Yield:** 8 servings



## Ingredients

4 pounds chicken legs  
2 tablespoons chili powder  
1 tablespoon garlic powder  
1 teaspoon cayenne pepper  
1 teaspoon Himalayan pink salt  
2 tablespoons tamari

## Directions

Preheat the oven to 375 degrees F (190 degrees C).

Place chicken legs in a large bowl. Spread chili powder, garlic powder, cayenne, and salt onto the chicken; pour sauce over top. Mix thoroughly and transfer to a baking sheet.

Bake, uncovered, in the preheated oven until chicken is no longer pink at the bone and the juices run clear, 45 to 50 minutes. An instant-read thermometer inserted near the bone should read 165 degrees F (74 degrees C).

## Cook's Note:

You can use soy sauce for tamari if desired.

## Nutrition Facts

**Per Serving:** 303 calories; protein 42g; carbohydrates 2.2g; fat 13.2g; cholesterol 142.9mg; sodium 700.8mg.