



Apple-Honey Drumsticks

 Gluten Free

READY IN



60 min.

SERVINGS



6

CALORIES



317 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 0.5 cup apple cider vinegar
- 2 cups apple juice
- 2 teaspoons honey
- 6 servings kosher salt and pepper freshly ground
- 1 lemon zest grated
- 0.3 cup soya sauce low-sodium
- 0.1 teaspoon pepper flakes red
- 2 teaspoons sesame seed

- 12 skin-on chicken drumsticks
- 1 tablespoon butter unsalted

Equipment

- bowl
- frying pan
- baking sheet
- oven
- wire rack

Directions

- Preheat the oven to 450 degrees F. Set a wire rack on a rimmed baking sheet.
- Put the drumsticks on the rack and season both sides generously with salt and pepper.
- Bake 30 minutes; flip the drumsticks and continue baking until golden and crisp, about 30 more minutes.
- Meanwhile, make the sauce: Bring the apple juice, vinegar, soy sauce, honey, lemon zest, red pepper flakes and a pinch of salt to a high simmer in a large skillet over medium-high heat. Cook until the sauce is syrupy and coats the back of a spoon, 20 to 25 minutes. Set aside until the chicken is done.
- Stir the sesame seeds into the sauce, if using, and warm over medium heat, if necessary.
- Transfer the chicken to a large bowl.
- Add the sauce and butter and toss to coat. Season with salt and pepper.
- Transfer the chicken to a platter and drizzle with any remaining sauce from the bowl.
- Photograph by Kang Kim

Nutrition Facts

PROTEIN **35.98%** FAT **47.8%** CARBS **16.22%**

Properties

Glycemic Index:28, Glycemic Load:4.84, Inflammation Score:-2, Nutrition Score:12.376521701398%

Flavonoids

Cyanidin: 0.02mg, Cyanidin: 0.02mg, Cyanidin: 0.02mg, Cyanidin: 0.02mg Catechin: 1.03mg, Catechin: 1.03mg, Catechin: 1.03mg, Catechin: 1.03mg Epicatechin: 3.89mg, Epicatechin: 3.89mg, Epicatechin: 3.89mg, Epicatechin: 3.89mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.48mg, Quercetin: 0.48mg, Quercetin: 0.48mg, Quercetin: 0.48mg

Nutrients (% of daily need)

Calories: 317.25kcal (15.86%), Fat: 16.44g (25.29%), Saturated Fat: 4.98g (31.11%), Carbohydrates: 12.55g (4.18%), Net Carbohydrates: 12.1g (4.4%), Sugar: 10.05g (11.17%), Cholesterol: 144.32mg (48.11%), Sodium: 739.24mg (32.14%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 27.84g (55.69%), Selenium: 29.82µg (42.6%), Vitamin B3: 7.55mg (37.74%), Phosphorus: 281.47mg (28.15%), Vitamin B6: 0.54mg (27.15%), Zinc: 3.08mg (20.53%), Vitamin B2: 0.3mg (17.47%), Vitamin B5: 1.65mg (16.48%), Vitamin B12: 0.84µg (13.95%), Potassium: 480.44mg (13.73%), Magnesium: 45.39mg (11.35%), Manganese: 0.2mg (10.06%), Vitamin B1: 0.15mg (10.02%), Iron: 1.36mg (7.56%), Copper: 0.14mg (6.95%), Vitamin K: 3.99µg (3.8%), Calcium: 35.13mg (3.51%), Vitamin A: 141.7IU (2.83%), Vitamin E: 0.41mg (2.76%), Folate: 10.12µg (2.53%), Vitamin C: 2.05mg (2.48%), Fiber: 0.44g (1.77%), Vitamin D: 0.19µg (1.24%)