



Asian Honey BBQ Chicken Drumettes

 Gluten Free  Dairy Free

READY IN



20 min.

SERVINGS



20

CALORIES



66 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 1 cup honey barbecue sauce sweet kraft
- 1.5 lb chicken drumettes
- 0.3 tsp garlic powder
- 0.5 tsp ground ginger
- 4.5 tsp lite soy sauce

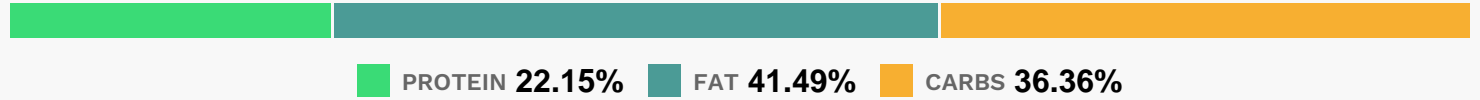
Equipment

- grill

Directions

- Heat greased grill to medium heat.
- Mix all ingredients except chicken until blended.
- Grill chicken 15 min. or until done, turning and brushing occasionally with barbecue sauce mixture.

Nutrition Facts



Properties

Glycemic Index:1, Glycemic Load:0.01, Inflammation Score:-1, Nutrition Score:1.6160869672894%

Nutrients (% of daily need)

Calories: 66.47kcal (3.32%), Fat: 3.03g (4.66%), Saturated Fat: 0.83g (5.19%), Carbohydrates: 5.97g (1.99%), Net Carbohydrates: 5.82g (2.12%), Sugar: 4.77g (5.3%), Cholesterol: 14.15mg (4.72%), Sodium: 236.15mg (10.27%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.64g (7.27%), Vitamin B3: 1.23mg (6.16%), Selenium: 3.08µg (4.4%), Vitamin B6: 0.08mg (3.93%), Phosphorus: 29.1mg (2.91%), Manganese: 0.04mg (2.17%), Potassium: 65.75mg (1.88%), Zinc: 0.28mg (1.85%), Iron: 0.31mg (1.72%), Vitamin B5: 0.17mg (1.7%), Vitamin B2: 0.03mg (1.55%), Magnesium: 5.83mg (1.46%), Vitamin A: 59.05IU (1.18%), Vitamin E: 0.17mg (1.13%)