



Asian Honey BBQ Chicken Drumettes

 Gluten Free  Dairy Free  Popular

READY IN



20 min.

SERVINGS



9

CALORIES



148 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

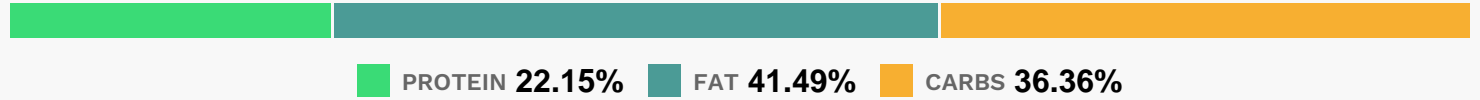
Equipment

- 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:2.22, Glycemic Load:0.02, Inflammation Score:-1, Nutrition Score:3.5921739041805%

Nutrients (% of daily need)

Calories: 147.71kcal (7.39%), Fat: 6.73g (10.35%), Saturated Fat: 1.85g (11.54%), Carbohydrates: 13.27g (4.42%), Net Carbohydrates: 12.93g (4.7%), Sugar: 10.61g (11.79%), Cholesterol: 31.43mg (10.48%), Sodium: 524.77mg (22.82%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 8.08g (16.16%), Vitamin B3: 2.74mg (13.69%), Selenium: 6.84µg (9.77%), Vitamin B6: 0.17mg (8.74%), Phosphorus: 64.67mg (6.47%), Manganese: 0.1mg (4.83%), Potassium: 146.12mg (4.17%), Zinc: 0.62mg (4.11%), Iron: 0.69mg (3.82%), Vitamin B5: 0.38mg (3.77%), Vitamin B2: 0.06mg (3.45%), Magnesium: 12.96mg (3.24%), Vitamin A: 131.22IU (2.62%), Vitamin E: 0.38mg (2.52%), Copper: 0.04mg (2.23%), Vitamin B12: 0.13µg (2.18%), Vitamin B1: 0.03mg (1.94%), Calcium: 16.17mg (1.62%), Fiber: 0.33g (1.33%)