



Baked Herb Chicken Drumsticks



Gluten Free



Dairy Free



Low Fod Map

READY IN



30 min.

SERVINGS



4

CALORIES



336 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 2 teaspoons rosemary leaves fresh chopped
- 2 teaspoons thyme sprigs fresh chopped
- 1 tablespoon dijon mustard
- 1 tablespoon olive oil
- 0.5 teaspoon salt
- 2.5 lb skin-on chicken drumsticks

Equipment

- bowl

- baking sheet
- baking paper
- oven
- aluminum foil

Directions

- Heat oven to 400°F. Line cookie sheet with foil or cooking parchment paper.
- In small bowl, mix rosemary, thyme, mustard, oil and salt.
- Brush or rub mixture over chicken.
- Place on cookie sheet.
- Bake 25 minutes, turning once, or until juice of chicken is clear when thickest part is cut to bone (at least 165°F).

Nutrition Facts

PROTEIN 40.91% **FAT 58.28%** **CARBS 0.81%**

Properties

Glycemic Index:19.25, Glycemic Load:0.06, Inflammation Score:-7, Nutrition Score:13.9334782051%

Flavonoids

Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg Apigenin: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg Luteolin: 0.46mg, Luteolin: 0.46mg, Luteolin: 0.46mg, Luteolin: 0.46mg

Nutrients (% of daily need)

Calories: 336.31kcal (16.82%), Fat: 21.29g (32.76%), Saturated Fat: 5.15g (32.2%), Carbohydrates: 0.66g (0.22%), Net Carbohydrates: 0.35g (0.13%), Sugar: 0.05g (0.06%), Cholesterol: 174.75mg (58.25%), Sodium: 529.65mg (23.03%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 33.63g (67.25%), Selenium: 38.12µg (54.46%), Vitamin B3: 9.23mg (46.14%), Phosphorus: 320.45mg (32.04%), Vitamin B6: 0.64mg (31.84%), Zinc: 3.69mg (24.6%), Vitamin B5: 1.98mg (19.8%), Vitamin B2: 0.32mg (19.09%), Vitamin B12: 1.04µg (17.41%), Potassium: 435.71mg (12.45%), Vitamin B1: 0.16mg (10.76%), Magnesium: 41.44mg (10.36%), Iron: 1.46mg (8.09%), Vitamin K: 6.91µg (6.58%), Copper: 0.12mg (6.23%), Vitamin E: 0.88mg (5.85%), Manganese: 0.07mg (3.32%), Vitamin A: 139.01IU (2.78%), Calcium: 25.78mg (2.58%), Vitamin C: 1.63mg (1.97%), Folate: 6.47µg (1.62%), Vitamin D: 0.19µg (1.27%), Fiber: 0.31g (1.23%)