



BBQ drumsticks with slaw

READY IN



55 min.

SERVINGS



4

CALORIES



445 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 8 skin-on chicken drumsticks
- ☐ 150 ml barbecue sauce
- ☐ 1 large carrots grated
- ☐ 0.5 cabbage shredded white
- ☐ 1 onion red thinly sliced
- ☐ 6 tbsp salad cream
- ☐ 4 servings top

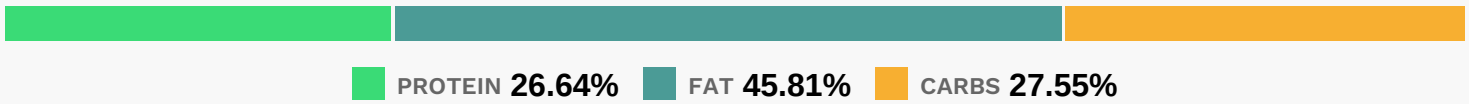
Equipment

- ☐ bowl
- ☐ oven
- ☐ knife

Directions

- ☐ Heat oven to 200C/180C fan/gas
- ☐ Slash the chicken with a sharp knife and toss with the barbecue sauce in a roasting tray. Season with black pepper and roast for 45 mins, basting every 15 mins with the sauce from the tray, until sticky and cooked through.
- ☐ Meanwhile, make the slaw.
- ☐ Mix all the vegetables together in a large bowl, then toss through the salad cream and some seasoning. When the chicken is cooked, serve with the slaw and some crusty bread, if you like.

Nutrition Facts



Properties

Glycemic Index:49.58, Glycemic Load:3.19, Inflammation Score:-10, Nutrition Score:25.79086916343%

Flavonoids

Apigenin: 0.09mg, Apigenin: 0.09mg, Apigenin: 0.09mg, Apigenin: 0.09mg Luteolin: 0.14mg, Luteolin: 0.14mg, Luteolin: 0.14mg, Luteolin: 0.14mg Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg Kaempferol: 0.43mg, Kaempferol: 0.43mg, Kaempferol: 0.43mg, Kaempferol: 0.43mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 5.94mg, Quercetin: 5.94mg, Quercetin: 5.94mg, Quercetin: 5.94mg

Nutrients (% of daily need)

Calories: 444.7kcal (22.24%), Fat: 22.68g (34.9%), Saturated Fat: 8.97g (56.04%), Carbohydrates: 30.7g (10.23%), Net Carbohydrates: 26.46g (9.62%), Sugar: 21.4g (23.78%), Cholesterol: 164.73mg (54.91%), Sodium: 670.44mg (29.15%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 29.68g (59.35%), Vitamin K: 94.07µg (89.59%), Vitamin A: 3620.81IU (72.42%), Vitamin C: 45.04mg (54.6%), Selenium: 31.42µg (44.89%), Vitamin B3: 8.13mg (40.66%), Vitamin B6: 0.74mg (37.21%), Phosphorus: 318.31mg (31.83%), Vitamin B2: 0.39mg (22.83%), Zinc: 3.34mg (22.29%), Potassium: 756.08mg (21.6%), Vitamin B5: 2.02mg (20.24%), Fiber: 4.24g (16.96%), Manganese: 0.33mg (16.56%), Folate: 65.03µg (16.26%), Vitamin B1: 0.24mg (15.9%), Vitamin B12: 0.87µg (14.48%), Magnesium: 56.6mg (14.15%), Iron: 1.95mg (10.84%), Calcium: 103.14mg (10.31%), Copper: 0.17mg (8.47%), Vitamin E: 1.15mg (7.69%), Vitamin D: 0.51µg (3.41%)