



Beer-and-Allspice Broiled Drumsticks

 Dairy Free

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READY IN

ready

45 min.

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SERVINGS

servings

4

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CALORIES

calories

275 kcal

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LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 8 skin-on chicken drumsticks
- ☐ 2 tablespoons cider vinegar
- ☐ 1 cup beer dark
- ☐ 2 garlic cloves minced
- ☐ 2 teaspoons ground allspice
- ☐ 0.3 teaspoon pepper
- ☐ 0.8 teaspoon salt
- ☐ 1.5 tablespoons serrano chile minced seeded

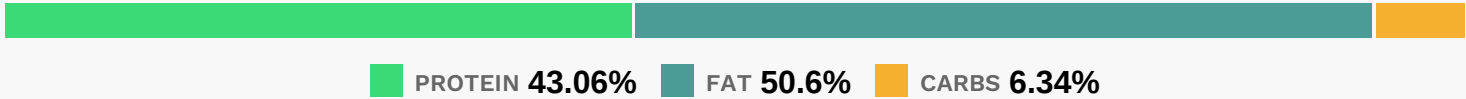
Equipment

- ☐ ziploc bags
- ☐ broiler pan

Directions

- ☐ Combine first 8 ingredients in a large heavy-duty zip-top plastic bag. Seal bag, and marinate in refrigerator at least 1 hour, turning bag occasionally.
- ☐ Remove chicken from bag, reserving marinade.
- ☐ Place chicken on broiler pan coated with cooking spray, and broil 20 minutes, turning occasionally and basting with reserved marinade.

Nutrition Facts



Properties

Glycemic Index:39.38, Glycemic Load:1.11, Inflammation Score:-4, Nutrition Score:11.865652167279%

Flavonoids

Catechin: 0.22mg, Catechin: 0.22mg, Catechin: 0.22mg, Catechin: 0.22mg Epicatechin: 0.05mg, Epicatechin: 0.05mg, Epicatechin: 0.05mg, Epicatechin: 0.05mg Luteolin: 0.23mg, Luteolin: 0.23mg, Luteolin: 0.23mg, Luteolin: 0.23mg Kaempferol: 0.48mg, Kaempferol: 0.48mg, Kaempferol: 0.48mg, Kaempferol: 0.48mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 0.92mg, Quercetin: 0.92mg, Quercetin: 0.92mg, Quercetin: 0.92mg Gallocatechin: 0.05mg, Gallocatechin: 0.05mg, Gallocatechin: 0.05mg, Gallocatechin: 0.05mg

Nutrients (% of daily need)

Calories: 274.66kcal (13.73%), Fat: 14.19g (21.83%), Saturated Fat: 3.74g (23.39%), Carbohydrates: 4g (1.33%), Net Carbohydrates: 3.52g (1.28%), Sugar: 0.26g (0.29%), Cholesterol: 139.31mg (46.44%), Sodium: 597.84mg (25.99%), Alcohol: 2.3g (100%), Alcohol %: 1.28% (100%), Protein: 27.17g (54.34%), Selenium: 30.01µg (42.87%), Vitamin B3: 7.75mg (38.76%), Vitamin B6: 0.58mg (28.95%), Phosphorus: 266.06mg (26.61%), Zinc: 2.96mg (19.74%), Vitamin B2: 0.27mg (16.15%), Vitamin B5: 1.61mg (16.12%), Vitamin B12: 0.84µg (14.08%), Potassium: 394.19mg (11.26%), Magnesium: 37.37mg (9.34%), Vitamin B1: 0.13mg (8.85%), Manganese: 0.13mg (6.55%), Iron: 1.14mg (6.34%), Copper: 0.12mg (5.75%), Vitamin K: 4.67µg (4.45%), Vitamin C: 3.35mg (4.06%), Calcium: 28.79mg (2.88%), Vitamin A: 127.83IU (2.56%), Folate: 9.78µg (2.45%), Vitamin E: 0.33mg (2.19%), Fiber: 0.48g (1.94%), Vitamin D: 0.15µg (1.01%)