



## Blackberry Balsamic Drumsticks

 **Gluten Free**

READY IN



**45 min.**

SERVINGS



**2**

CALORIES



**633 kcal**

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- 6 skin-on chicken drumsticks
- 1 cup blackberries fresh rinsed
- 0.3 cup balsamic vinegar
- 0.3 cup little demerara sugar
- 1.5 tbsp rosemary leaves fresh
- 2 tbsp butter
- 2 tbsp coarse mustard whole
- 2 servings salt and pepper to taste

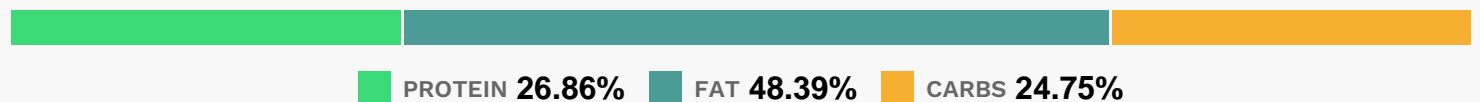
## Equipment

- baking sheet
- sauce pan
- oven
- aluminum foil

## Directions

- Place blackberries, butter, water, rosemary, sugar and vinegar in a small saucepan.
- Cook over medium high heat stirring occasionally until slightly reduced. About 10 -15 minutes.
- Remove from heat and stir in mustard and salt and pepper.
- Leave marinade to cool.
- Place drumsticks in a large zip lock bag,
- Pour cooled marinade over top and seal. Toss to coat.
- Place mixture in the fridge and marinate for 24 hours.
- When ready to cook, preheat oven to 375
- Arrange drumsticks on a cookie sheet coated in tin foil.
- Cook for 25 minutes, turning once.
- Serve hot with preferred side.

## Nutrition Facts



## Properties

Glycemic Index:78.5, Glycemic Load:3.54, Inflammation Score:-7, Nutrition Score:22.831739130435%

## Flavonoids

Cyanidin: 71.96mg, Cyanidin: 71.96mg, Cyanidin: 71.96mg, Cyanidin: 71.96mg Pelargonidin: 0.32mg, Pelargonidin: 0.32mg, Pelargonidin: 0.32mg, Pelargonidin: 0.32mg Peonidin: 0.15mg, Peonidin: 0.15mg, Peonidin: 0.15mg, Peonidin: 0.15mg Catechin: 26.68mg, Catechin: 26.68mg, Catechin: 26.68mg, Catechin: 26.68mg Epigallocatechin: 0.07mg, Epigallocatechin: 0.07mg, Epigallocatechin: 0.07mg, Epigallocatechin: 0.07mg Epicatechin: 3.36mg

Epicatechin: 3.36mg, Epicatechin: 3.36mg, Epicatechin: 3.36mg Epigallocatechin 3-gallate: 0.49mg, Epigallocatechin 3-gallate: 0.49mg, Epigallocatechin 3-gallate: 0.49mg, Epigallocatechin 3-gallate: 0.49mg Naringenin: 0.32mg, Naringenin: 0.32mg, Naringenin: 0.32mg, Naringenin: 0.32mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg Kaempferol: 0.19mg, Kaempferol: 0.19mg, Kaempferol: 0.19mg, Kaempferol: 0.19mg Myricetin: 0.48mg, Myricetin: 0.48mg, Myricetin: 0.48mg Quercetin: 2.58mg, Quercetin: 2.58mg, Quercetin: 2.58mg, Quercetin: 2.58mg

## Taste

Sweetness: 35.2%, Saltiness: 100%, Sourness: 13.38%, Bitterness: 16.55%, Savoriness: 70.08%, Fattiness: 65.13%, Spiciness: 100%

## Nutrients (% of daily need)

Calories: 632.53kcal (31.63%), Fat: 33.55g (51.62%), Saturated Fat: 12.95g (80.92%), Carbohydrates: 38.61g (12.87%), Net Carbohydrates: 33.97g (12.35%), Sugar: 33.3g (37%), Cholesterol: 239.49mg (79.83%), Sodium: 695.44mg (30.24%), Protein: 41.91g (83.82%), Selenium: 49.59µg (70.85%), Vitamin B3: 11.55mg (57.77%), Phosphorus: 419.63mg (41.96%), Vitamin B6: 0.79mg (39.54%), Zinc: 4.9mg (32.64%), Manganese: 0.63mg (31.61%), Vitamin B5: 2.62mg (26.18%), Vitamin B2: 0.41mg (24.39%), Vitamin B12: 1.27µg (21.22%), Vitamin K: 21.15µg (20.15%), Potassium: 700.55mg (20.02%), Vitamin C: 15.46mg (18.74%), Fiber: 4.64g (18.56%), Magnesium: 72.8mg (18.2%), Vitamin B1: 0.23mg (15.19%), Copper: 0.28mg (14.15%), Iron: 2.53mg (14.04%), Vitamin A: 661.35IU (13.23%), Vitamin E: 1.66mg (11.04%), Calcium: 72.22mg (7.22%), Folate: 27.68µg (6.92%), Vitamin D: 0.23µg (1.51%)