



Bourbon-Glazed Chicken Drumettes with Blue Cheese Dipping Sauce

READY IN



45 min.

SERVINGS



30

CALORIES



115 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 1 cup bourbon divided
- ☐ 2 tablespoons butter ()
- ☐ 4 pounds chicken drumettes
- ☐ 3 garlic clove peeled thinly sliced
- ☐ 3 tablespoons brown sugar packed ()
- ☐ 1 cup catsup
- ☐ 1 cup onion chopped
- ☐ 0.5 cup hot sauce hot (such as Crystal)

- ☐ 0.3 cup tomato paste

Equipment

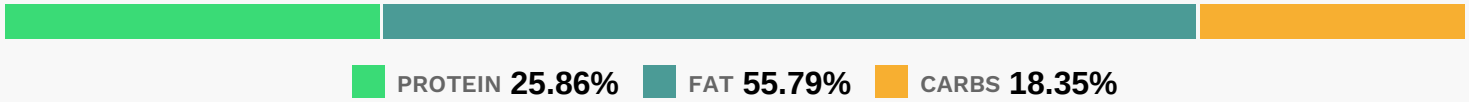
- ☐ baking sheet
- ☐ sauce pan
- ☐ baking paper
- ☐ oven
- ☐ whisk
- ☐ aluminum foil
- ☐ glass baking pan

Directions

- ☐ Melt butter in heavy large saucepan over medium-high heat.
- ☐ Add onion and garlic; sauté until golden, about 5 minutes.
- ☐ Add 3/4 cup bourbon; boil until most of liquid is absorbed, 6 to 8 minutes.
- ☐ Whisk in 1/4 cup bourbon, ketchup, hot pepper sauce, tomato paste, and brown sugar. Bring to boil. Reduce heat and simmer until sauce thickens slightly, stirring occasionally, about 10 minutes. Season marinade with salt and pepper.
- ☐ Remove marinade from heat; cool to room temperature.
- ☐ Place chicken drumettes in 15 x 10 x 2-inch glass baking dish.
- ☐ Pour marinade over and turn drumettes to coat. Cover and refrigerate overnight.
- ☐ Preheat oven to 375°F. Line baking sheet with foil or parchment paper.
- ☐ Place cooling rack atop prepared baking sheet. Arrange drumettes on rack, spacing slightly apart.
- ☐ Spread any remaining marinade from dish over drumettes.
- ☐ Sprinkle with salt and pepper.
- ☐ Bake drumettes (still on cooling rack) until cooked through and brown in spots, about 45 minutes.
- ☐ Transfer drumettes to serving platter.
- ☐ Serve Blue Cheese Dipping Sauce alongside.

- ☐
- A chicken drumetteis the thick, meaty section of the chickenwing that resembles a drumstick.
- ☐
- Bon Appétit

Nutrition Facts



Properties

Glycemic Index:5.57, Glycemic Load:0.28, Inflammation Score:-2, Nutrition Score:2.9891304101633%

Flavonoids

Isorhamnetin: 0.27mg, Isorhamnetin: 0.27mg, Isorhamnetin: 0.27mg, Isorhamnetin: 0.27mg Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 1.16mg, Quercetin: 1.16mg, Quercetin: 1.16mg, Quercetin: 1.16mg

Nutrients (% of daily need)

Calories: 115.12kcal (5.76%), Fat: 6.01g (9.25%), Saturated Fat: 1.95g (12.19%), Carbohydrates: 4.45g (1.48%), Net Carbohydrates: 4.23g (1.54%), Sugar: 3.41g (3.79%), Cholesterol: 27.15mg (9.05%), Sodium: 226.05mg (9.83%), Alcohol: 2.67g (100%), Alcohol %: 5.41% (100%), Protein: 6.27g (12.54%), Vitamin B3: 2.14mg (10.69%), Selenium: 5.33µg (7.61%), Vitamin B6: 0.15mg (7.43%), Vitamin C: 4.51mg (5.47%), Phosphorus: 50.04mg (5%), Zinc: 0.48mg (3.22%), Potassium: 112.3mg (3.21%), Vitamin A: 152.28IU (3.05%), Vitamin B2: 0.05mg (3%), Vitamin B5: 0.27mg (2.72%), Iron: 0.45mg (2.5%), Vitamin E: 0.34mg (2.24%), Magnesium: 8.77mg (2.19%), Manganese: 0.04mg (1.82%), Vitamin B12: 0.11µg (1.77%), Copper: 0.03mg (1.73%), Vitamin B1: 0.02mg (1.53%)