



Bourbon-Molasses Chicken Drumsticks

READY IN



45 min.

SERVINGS



4

CALORIES



666 kcal

BEVERAGE

DRINK

Ingredients

- ☐ 0.3 cup bourbon
- ☐ 2 tablespoons brown sugar packed ()
- ☐ 0.3 cup butter ()
- ☐ 12 skin-on chicken drumsticks
- ☐ 0.3 teaspoon chili powder
- ☐ 1.5 teaspoons coarse kosher salt
- ☐ 0.8 teaspoon ground pepper black divided
- ☐ 1 cup catsup
- ☐ 0.3 cup blackstrap molasses

- ☐ 1 cup onion minced
- ☐ 1.5 tablespoons worcestershire sauce
- ☐ 2 teaspoons mustard yellow

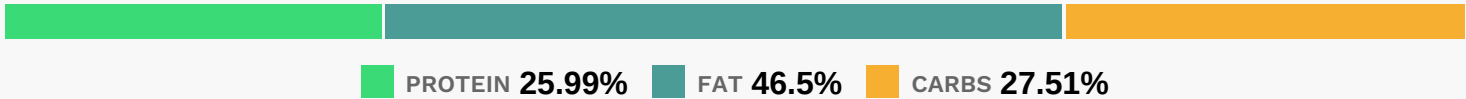
Equipment

- ☐ bowl
- ☐ sauce pan
- ☐ grill

Directions

- ☐ Melt butter in large saucepan over medium heat.
- ☐ Add onion; sauté until soft, about 6 minutes.
- ☐ Add next 5 ingredients, 1/4 teaspoon pepper, and chili powder. Reduce heat to medium-low; simmer until sauce thickens, about 15 minutes. Stir in bourbon; cook until heated through, about 3 minutes. Season with salt. (Can be made 1 day ahead. Cover and chill.)
- ☐ Mix 1 1/2 teaspoons salt and 1/2 teaspoon pepper in bowl. Loosen skin on drumsticks. Rub salt and pepper mixture under skin without tearing skin. Cover; let stand at room temperature 30 minutes.
- ☐ Prepare barbecue (medium heat). Grill drumsticks until skin is crisp and juices run clear, turning to cook all sides, about 25 minutes.
- ☐ Transfer 1/2 cup barbecue sauce to small bowl; reserve.
- ☐ Brush drumsticks with remaining sauce and cook until glaze forms, about 3 minutes longer.
- ☐ Transfer drumsticks to platter and serve with reserved sauce.

Nutrition Facts



Properties

Glycemic Index:50, Glycemic Load:7.81, Inflammation Score:-7, Nutrition Score:23.360869500948%

Flavonoids

Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 2mg, Isorhamnetin: 2mg, Isorhamnetin: 2mg, Isorhamnetin: 2mg Kaempferol: 0.27mg, Kaempferol: 0.27mg, Kaempferol: 0.27mg, Kaempferol: 0.27mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 8.64mg, Quercetin: 8.64mg, Quercetin: 8.64mg, Quercetin: 8.64mg

Nutrients (% of daily need)

Calories: 665.72kcal (33.29%), Fat: 32.84g (50.53%), Saturated Fat: 12.9g (80.63%), Carbohydrates: 43.71g (14.57%), Net Carbohydrates: 42.61g (15.49%), Sugar: 36.72g (40.8%), Cholesterol: 239.46mg (79.82%), Sodium: 1867.42mg (81.19%), Alcohol: 5.01g (100%), Alcohol %: 1.61% (100%), Protein: 41.31g (82.61%), Selenium: 49.57µg (70.82%), Vitamin B3: 12.18mg (60.89%), Vitamin B6: 1.05mg (52.32%), Phosphorus: 422.5mg (42.25%), Potassium: 1115.05mg (31.86%), Zinc: 4.65mg (31.02%), Vitamin B2: 0.51mg (29.84%), Magnesium: 111.9mg (27.97%), Manganese: 0.54mg (27.05%), Vitamin B5: 2.63mg (26.33%), Vitamin B12: 1.27µg (21.22%), Iron: 3.21mg (17.85%), Copper: 0.34mg (16.76%), Vitamin A: 813.55IU (16.27%), Vitamin B1: 0.23mg (15.28%), Vitamin E: 1.71mg (11.4%), Calcium: 103.49mg (10.35%), Vitamin K: 9.48µg (9.03%), Vitamin C: 6.26mg (7.59%), Folate: 21.08µg (5.27%), Fiber: 1.11g (4.42%), Vitamin D: 0.23µg (1.51%)