



Breaded and Baked Chicken Drumsticks



Dairy Free



Popular

READY IN



35 min.

SERVINGS



4

CALORIES



492 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.3 cup mayonnaise
- ☐ 0.3 cup grain mustard whole
- ☐ 2 teaspoons worcestershire sauce
- ☐ 0.8 cup breadcrumbs dry
- ☐ 2 Tbsp green onion greens finely chopped
- ☐ 4 servings salt
- ☐ 6 large skin-on chicken drumsticks
- ☐ 4 servings olive oil

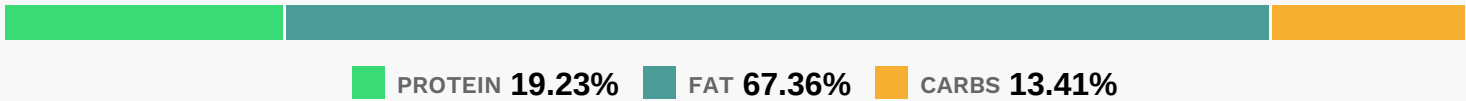
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ baking sheet
- ☐ oven
- ☐ knife
- ☐ roasting pan

Directions

- ☐ Preheat oven, prepare pan:
- ☐ Place rack on upper third of oven. Preheat oven to 425°F. Coat the bottom of a shallow roasting pan or baking sheet with a thin layer of olive oil.
- ☐ Mix together the mayonnaise, mustard, and Worcestershire sauce in a medium bowl.
- ☐ Mix together the breadcrumbs and minced chives in a separate medium bowl.
- ☐ Dip drumsticks in coatings:
- ☐ Sprinkle each drumstick with salt. One by one, dip each drumstick in the mayonnaise mixture, turning to coat. Then dip the drumstick in the breadcrumbs mixture, turning to coat.
- ☐ Place the drumsticks on the prepared roasting pan.
- ☐ Bake chicken at 425°F for 20–25 minutes, until just cooked through, and juices run clear (not pink) when poked with a sharp knife.

Nutrition Facts



Properties

Glycemic Index:28.5, Glycemic Load:0.14, Inflammation Score:-3, Nutrition Score:14.999565381071%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol:

0.04mg Quercetin: 0.32mg, Quercetin: 0.32mg, Quercetin: 0.32mg, Quercetin: 0.32mg

Nutrients (% of daily need)

Calories: 492.28kcal (24.61%), Fat: 36.63g (56.35%), Saturated Fat: 6.64g (41.48%), Carbohydrates: 16.4g (5.47%), Net Carbohydrates: 14.74g (5.36%), Sugar: 1.93g (2.14%), Cholesterol: 110.36mg (36.79%), Sodium: 759.98mg (33.04%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 23.53g (47.06%), Selenium: 32.78µg (46.83%), Vitamin K: 41.9µg (39.9%), Vitamin B3: 6.96mg (34.8%), Phosphorus: 244.59mg (24.46%), Vitamin B1: 0.32mg (21.49%), Vitamin B6: 0.42mg (20.76%), Vitamin E: 2.78mg (18.54%), Zinc: 2.61mg (17.42%), Vitamin B2: 0.29mg (17.09%), Manganese: 0.28mg (13.83%), Vitamin B5: 1.36mg (13.59%), Iron: 2.25mg (12.52%), Vitamin B12: 0.71µg (11.87%), Potassium: 351.54mg (10.04%), Magnesium: 40.03mg (10.01%), Folate: 29.02µg (7.26%), Copper: 0.14mg (7.19%), Fiber: 1.66g (6.63%), Calcium: 64.97mg (6.5%), Vitamin A: 104.67IU (2.09%), Vitamin C: 1.02mg (1.23%)