



Buffalo Drumsticks

 Gluten Free

READY IN



75 min.

SERVINGS



4

CALORIES



416 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 1 tablespoon bbq sauce
- 1 teaspoon chili powder
- 8 drumsticks
- 1 teaspoon garlic powder
- 0.3 cup hot sauce
- 4 servings salt and pepper black freshly ground
- 0.3 cup butter unsalted melted ()
- 2 tablespoons vegetable oil

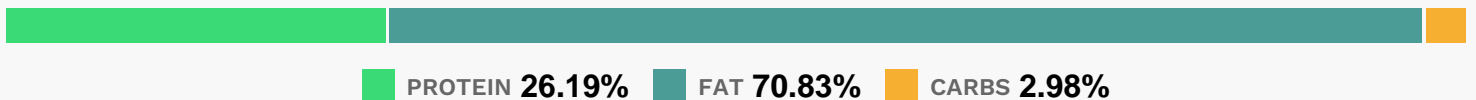
Equipment

- bowl
- baking sheet
- oven
- whisk
- wire rack
- ziploc bags

Directions

- Watch how to make this recipe.
- For the chicken: Preheat the oven to 375 degrees F. Rinse and pat dry the drumsticks.
- Mix the oil, chili powder, garlic powder, and some salt and pepper in a medium bowl or resealable plastic bag. Toss the drumsticks in the seasoned oil to coat well.
- Bake the drumsticks on a wire rack placed on a baking sheet (so air circulates around chicken) until very tender and the skin is crisp, 50 minutes.
- Mix together the butter, hot sauce and BBQ sauce in a large bowl.
- Toss the drumsticks in the spicy sauce until well coated.
- Place the drumsticks back on the rack and continue baking an additional 10 to 15 minutes.
- Cook's Note: For an alternate milder sauce, whisk together 1 tablespoon maple syrup, 1 teaspoon hot sauce, juice and zest of 1 lime, 1 clove of garlic, minced and some salt and pepper.

Nutrition Facts



Properties

Glycemic Index:9.25, Glycemic Load:0.04, Inflammation Score:-5, Nutrition Score:13.279565158098%

Nutrients (% of daily need)

Calories: 415.91kcal (20.8%), Fat: 32.54g (50.06%), Saturated Fat: 12.06g (75.38%), Carbohydrates: 3.08g (1.03%), Net Carbohydrates: 2.73g (0.99%), Sugar: 1.7g (1.89%), Cholesterol: 169.81mg (56.6%), Sodium: 609.22mg (26.49%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 27.07g (54.14%), Selenium: 29.86µg (42.66%), Vitamin B3: 7.46mg (37.3%), Vitamin B6: 0.55mg (27.66%), Phosphorus: 262.05mg (26.21%), Zinc: 2.99mg (19.93%), Vitamin K: 18.42µg (17.54%), Vitamin B2: 0.28mg (16.38%), Vitamin B5: 1.62mg (16.16%), Vitamin B12: 0.86µg (14.28%), Vitamin C: 11.26mg (13.65%), Vitamin A: 607.1IU (12.14%), Potassium: 392.85mg (11.22%), Vitamin E: 1.42mg (9.49%), Vitamin B1: 0.13mg (8.96%), Magnesium: 33.38mg (8.35%), Iron: 1.2mg (6.65%), Copper: 0.11mg (5.62%), Manganese: 0.07mg (3.39%), Vitamin D: 0.36µg (2.43%), Calcium: 23.88mg (2.39%), Folate: 6.47µg (1.62%), Fiber: 0.35g (1.4%)