



Buttermilk Roast Chicken

 Gluten Free

READY IN



160 min.

SERVINGS



6

CALORIES



387 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 2 cups buttermilk
- ☐ 12 skin-on chicken drumsticks approximately 3 pounds total weight
- ☐ 2 cloves garlic
- ☐ 1 teaspoon ground cumin
- ☐ 1 tablespoon maple syrup
- ☐ 1 tablespoon peppercorns crushed
- ☐ 1 tablespoon maldon salt
- ☐ 0.3 cup vegetable oil

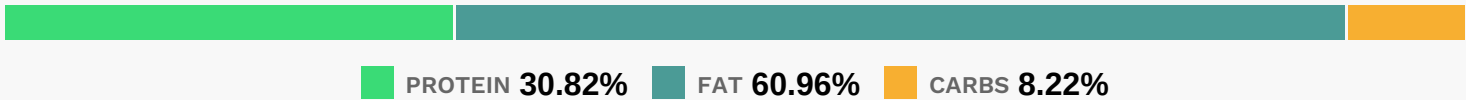
Equipment

- ☐ oven
- ☐ aluminum foil

Directions

- ☐ Place the chicken drumsticks in a large freezer bag, and add the buttermilk and 1/4 cup of oil.
- ☐ Add the bruised garlic cloves to the bag with the crushed peppercorns and salt.
- ☐ Sprinkle in the ground cumin and finally add the maple syrup, and then squish everything in the freezer bag around to mix the marinade and coat the chicken.
- ☐ Leave the buttermilk marinated chicken in the fridge ideally overnight or out of the fridge for at least 30 minutes and up to 2 hours.
- ☐ Preheat the oven to 425 degrees F. Take the chicken pieces out of the bag shaking off the excess marinade, and then arrange them in a roasting tin lined with foil.
- ☐ Drizzle over the 2 remaining tablespoons of oil, and then roast in the oven for about 30 minutes, or until brown, even scorched in parts, and juicily cooked through.

Nutrition Facts



Properties

Glycemic Index:22.42, Glycemic Load:2.33, Inflammation Score:-3, Nutrition Score:15.546956706306%

Flavonoids

Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg

Nutrients (% of daily need)

Calories: 386.58kcal (19.33%), Fat: 25.93g (39.9%), Saturated Fat: 6.64g (41.53%), Carbohydrates: 7.86g (2.62%), Net Carbohydrates: 7.38g (2.68%), Sugar: 5.93g (6.59%), Cholesterol: 148.11mg (49.37%), Sodium: 1405.58mg (61.11%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 29.5g (59%), Selenium: 32.58µg (46.54%), Vitamin B3: 7.44mg (37.2%), Phosphorus: 325.18mg (32.52%), Vitamin B6: 0.55mg (27.51%), Vitamin B2: 0.44mg (25.76%), Vitamin K: 23.49µg (22.37%), Zinc: 3.29mg (21.9%), Vitamin B12: 1.2µg (20.01%), Vitamin B5: 1.9mg (18.99%), Manganese: 0.35mg (17.45%), Potassium: 485.53mg (13.87%), Calcium: 123.79mg (12.38%), Vitamin B1: 0.17mg

(11.22%), Magnesium: 43.33mg (10.83%), Vitamin D: 1.19µg (7.94%), Iron: 1.39mg (7.74%), Vitamin E: 1.12mg (7.44%),
Copper: 0.14mg (7.07%), Vitamin A: 215.09IU (4.3%), Folate: 8.89µg (2.22%), Fiber: 0.48g (1.91%)