



## Caribbean Chicken Drumsticks

 Gluten Free  Dairy Free

READY IN



70 min.

SERVINGS



24

CALORIES



75 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

### Ingredients

- 0.5 cup pineapple juice
- 0.5 cup catsup
- 0.3 cup brown sugar packed
- 0.3 cup teriyaki sauce
- 0.3 cup honey
- 2 cloves garlic finely chopped
- 2 lb chicken drumettes ( 24)

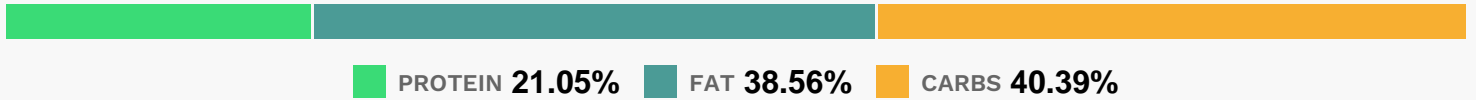
### Equipment

- frying pan
- sauce pan
- oven
- aluminum foil
- slow cooker

## Directions

- Heat oven to 350°F. Line 13x9-inch pan with foil.
- In 1-quart saucepan, heat all ingredients except chicken to boiling, stirring occasionally.
- Place chicken in pan; pour sauce over chicken.
- Bake uncovered about 1 hour, turning chicken 2 to 3 times, until juice of chicken is no longer pink when centers of thickest pieces are cut.
- Spray inside of 3 1/2- to 4-quart slow cooker with cooking spray.
- Place chicken in slow cooker. Cover and keep warm on Low heat setting for up to 2 hours.

## Nutrition Facts



## Properties

Glycemic Index:5.34, Glycemic Load:1.83, Inflammation Score:-1, Nutrition Score:1.7639130593642%

## Flavonoids

Quercetin: 0.05mg, Quercetin: 0.05mg, Quercetin: 0.05mg, Quercetin: 0.05mg

## Nutrients (% of daily need)

Calories: 75.46kcal (3.77%), Fat: 3.27g (5.03%), Saturated Fat: 0.92g (5.72%), Carbohydrates: 7.71g (2.57%), Net Carbohydrates: 7.67g (2.79%), Sugar: 7.1g (7.89%), Cholesterol: 15.72mg (5.24%), Sodium: 176.07mg (7.66%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 4.02g (8.04%), Vitamin B3: 1.34mg (6.69%), Selenium: 3.33µg (4.75%), Vitamin B6: 0.09mg (4.61%), Phosphorus: 33.87mg (3.39%), Manganese: 0.04mg (2.09%), Zinc: 0.3mg (2%), Potassium: 64.92mg (1.85%), Vitamin B2: 0.03mg (1.82%), Magnesium: 7.08mg (1.77%), Vitamin B5: 0.17mg (1.74%), Iron: 0.31mg (1.74%), Vitamin C: 0.94mg (1.13%), Vitamin A: 55.92IU (1.12%), Copper: 0.02mg (1.11%), Vitamin B12: 0.07µg (1.09%)