



Chicken Drumsticks, Ethiopian-Style

 **Gluten Free**  **Dairy Free**

READY IN



130 min.

SERVINGS



8

CALORIES



254 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 3 pounds .6 lb. chicken legs and thighs. this weight usually gives me 4 legs and 4 thighs
- 2 tablespoons vegetable oil; peanut oil preferred melted (or ghee)
- 1 serving kosher salt
- 1 serving optional: lemon for serving
- 2 tablespoon paprika sweet
- 1 tablespoon ground pepper hot
- 2 teaspoons garlic powder
- 1 teaspoon ground ginger

- 1 teaspoon ground cumin
- 1 teaspoon onion powder
- 1 teaspoon pepper black freshly ground
- 1 teaspoon ground fenugreek
- 0.5 teaspoon kosher salt
- 0.5 teaspoon ground cardamom
- 0.3 teaspoon ground cloves

Equipment

- bowl
- frying pan
- oven
- casserole dish
- aluminum foil

Directions

- Preheat the oven to 325°F.
- Coat the drumsticks with the peanut oil or melted butter, then sprinkle with salt.
- Mix all the spices together in a small bowl. In a large bowl, mix half of the spice mix with the chicken.
- Arrange the drumsticks in a casserole dish lined with enough foil to make a package; you will be cooking these legs covered for most of the time.
- Sprinkle more of the spice mix over the drumsticks. You can use all of the spice mix, or stop whenever you want. The more mix, the spicier the chicken.
- Fold over the foil to seal up the drumsticks.
- Bake at 325°F for 90 minutes. At 90 minutes, open up the foil packet to let the chicken continue to cook uncovered. Continue cooking for at least another 15 minutes, and as long as you like.
- I like the meat to almost fall off the bone on my drumsticks, so I cook uncovered for another 30 to 45 minutes.

- To serve, baste with a little of the sauce that forms at the bottom of the pan, and use the rest to flavor some rice or flatbread.
- Squeeze some lemon or lime juice over the chicken right before you serve it.
- A green salad is a good side dish, too.
- Low Carb
- Low Carb Chicken
- Chicken Drumsticks
- Low Carb Dinners
- Ramadan
- Nutrition Facts (per serving)
- Calories
- Fat
- Carbs
- Protein
- Show Full Nutrition Label
- Nutrition Facts
- Servings: 6
- to 8
- Amount per serving
- Calories
- % Daily Value*
- Total Fat 25g
- Saturated Fat 6g
- Cholesterol 288mg
- Sodium 399mg
- Total Carbohydrate 14g
- Dietary Fiber 4g
- Total Sugars 4g

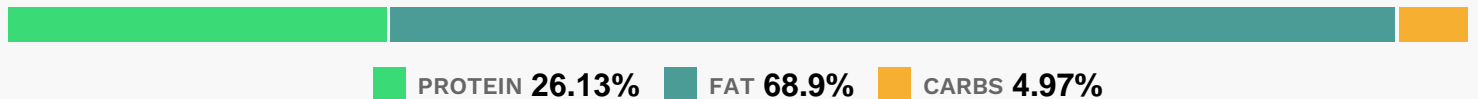
- Protein 56g
- Vitamin C 54mg
- Calcium 65mg
- Iron 4mg
- Potassium 843mg

*The % Daily Value (DV) tells you how much a nutrient in a food serving contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

Nutrition information is calculated using an ingredient database and should be considered an estimate. In cases where multiple ingredient alternatives are given, the first listed is calculated for nutrition.

Garnishes and optional ingredients are not included.

Nutrition Facts



Properties

Glycemic Index:14.94, Glycemic Load:0.19, Inflammation Score:-7, Nutrition Score:9.6599999407063%

Flavonoids

Eriodictyol: 0.19mg, Eriodictyol: 0.19mg, Eriodictyol: 0.19mg, Eriodictyol: 0.19mg Hesperetin: 0.24mg, Hesperetin: 0.24mg, Hesperetin: 0.24mg, Hesperetin: 0.24mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

Nutrients (% of daily need)

Calories: 253.51kcal (12.68%), Fat: 19.43g (29.89%), Saturated Fat: 4.91g (30.68%), Carbohydrates: 3.16g (1.05%), Net Carbohydrates: 1.94g (0.71%), Sugar: 0.32g (0.35%), Cholesterol: 90.17mg (30.06%), Sodium: 254.1mg (11.05%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 16.58g (33.16%), Selenium: 18.04µg (25.77%), Vitamin B3: 4.88mg (24.38%), Vitamin A: 1216.42IU (24.33%), Vitamin B6: 0.38mg (19.15%), Phosphorus: 165.49mg (16.55%), Manganese: 0.27mg (13.47%), Zinc: 1.6mg (10.65%), Vitamin B5: 1.02mg (10.22%), Vitamin B2: 0.17mg (9.96%), Vitamin E: 1.48mg (9.88%), Vitamin B12: 0.54µg (9.05%), Iron: 1.58mg (8.78%), Potassium: 278.94mg (7.97%), Magnesium: 26.7mg (6.68%), Vitamin B1: 0.09mg (5.82%), Fiber: 1.21g (4.86%), Vitamin K: 4.69µg (4.46%), Copper: 0.09mg (4.3%), Calcium: 21.02mg (2.1%), Folate: 6.41µg (1.6%), Vitamin C: 1.28mg (1.55%)