



Chicken Drumsticks with Apricot Glaze

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

READY IN



45 min.

SERVINGS



4

CALORIES



57 kcal

SIDE DISH

Ingredients

- 0.5 cup apricot spread (such as Polaner All Fruit)
- 0.1 teaspoon pepper black
- 4 ounce skin-on chicken drumsticks
- 2 tablespoons cider vinegar
- 0.3 teaspoon pepper red crushed
- 1 tablespoon brown sugar dark
- 1 teaspoon bottled ground ginger fresh (such as Spice World)
- 1 tablespoon soya sauce low-sodium

0.3 teaspoon salt

Equipment

frying pan

sauce pan

aluminum foil

broiler

broiler pan

Directions

Preheat broiler.

Line bottom of a broiler pan with foil.

Sprinkle chicken with salt and black pepper.

Place chicken on the rack of a broiler pan coated with cooking spray; place rack in pan. Broil chicken 12 minutes, turning once.

While chicken cooks, combine apricot spread and remaining ingredients in a small saucepan; bring to a boil over medium heat. Cook 5 minutes or until reduced to 1/2 cup, stirring frequently.

Brush 1/4 cup apricot mixture evenly over chicken; broil 2 minutes.

Brush remaining apricot mixture over chicken; broil 2 minutes or until done.

Nutrition Facts



Properties

Glycemic Index:28.42, Glycemic Load:0.77, Inflammation Score:-3, Nutrition Score:3.1543478240138%

Flavonoids

Catechin: 0.71mg, Catechin: 0.71mg, Catechin: 0.71mg, Catechin: 0.71mg Epicatechin: 0.92mg, Epicatechin: 0.92mg, Epicatechin: 0.92mg, Epicatechin: 0.92mg Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg Quercetin: 0.32mg, Quercetin: 0.32mg, Quercetin: 0.32mg, Quercetin: 0.32mg

Nutrients (% of daily need)

Calories: 56.94kcal (2.85%), Fat: 1.89g (2.91%), Saturated Fat: 0.49g (3.06%), Carbohydrates: 5.87g (1.96%), Net Carbohydrates: 5.32g (1.94%), Sugar: 4.78g (5.31%), Cholesterol: 17.47mg (5.82%), Sodium: 312.7mg (13.6%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 4.05g (8.09%), Manganese: 0.23mg (11.63%), Vitamin A: 419.45IU (8.39%), Selenium: 4.08µg (5.82%), Vitamin B3: 1.15mg (5.74%), Phosphorus: 44.66mg (4.47%), Vitamin B6: 0.09mg (4.35%), Potassium: 125.98mg (3.6%), Zinc: 0.46mg (3.09%), Vitamin B2: 0.05mg (3.01%), Vitamin B5: 0.26mg (2.64%), Magnesium: 10.51mg (2.63%), Vitamin C: 1.94mg (2.35%), Iron: 0.41mg (2.3%), Fiber: 0.55g (2.18%), Vitamin E: 0.27mg (1.82%), Copper: 0.04mg (1.76%), Vitamin B12: 0.1µg (1.74%), Vitamin B1: 0.02mg (1.56%), Vitamin K: 1.35µg (1.29%), Folate: 4.21µg (1.05%)