



Chicken Drumsticks with Muhammara Sauce

 Dairy Free

READY IN



40 min.

SERVINGS



6

CALORIES



317 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.3 teaspoon pepper black
- ☐ 0.3 cup bread crumbs fresh white firm fine (from 1 slice sandwich bread)
- ☐ 0.1 teaspoon cayenne
- ☐ 12 skin-on chicken drumsticks (3 pounds total)
- ☐ 1 garlic clove with 1/4 teaspoon salt minced mashed
- ☐ 0.5 teaspoon ground cumin
- ☐ 0.5 cup olive oil extra-virgin
- ☐ 1 teaspoon pomegranate molasses fresh

- ☐ 0.5 cup bottled roasted peppers red drained (from a 7-ounce jar)
- ☐ 0.5 teaspoon salt
- ☐ 3 tablespoons walnuts

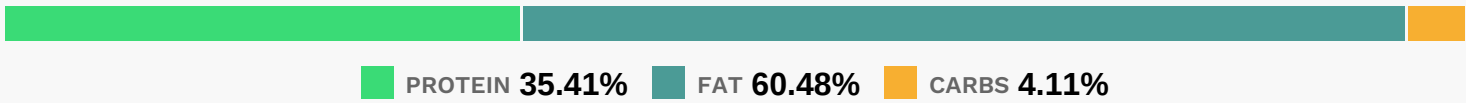
Equipment

- ☐ food processor
- ☐ baking sheet
- ☐ oven
- ☐ baking pan

Directions

- ☐ Put oven rack in lower third of oven and preheat oven to 475°F. While oven is preheating, toast nuts on a baking sheet in oven until golden, 3 to 4 minutes.
- ☐ Pat chicken dry, then put in a large shallow heavy baking pan (1 inch deep) without crowding and rub with salt, pepper, and 2 tablespoons oil.
- ☐ Bake, without turning, until golden brown and cooked through, 30 to 35 minutes.
- ☐ While chicken bakes, blend together bell peppers, bread crumbs, walnuts, garlic paste, pomegranate molasses, cumin, and cayenne in a food processor until as smooth as possible, about 1 minute. With motor running, gradually add remaining 6 tablespoons oil and blend until combined well. Season sauce with salt and drizzle over baked chicken.

Nutrition Facts



Properties

Glycemic Index:32.3, Glycemic Load:1.01, Inflammation Score:-3, Nutrition Score:12.949130535126%

Flavonoids

Cyanidin: 0.14mg, Cyanidin: 0.14mg, Cyanidin: 0.14mg, Cyanidin: 0.14mg Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

Nutrients (% of daily need)

Calories: 317.49kcal (15.87%), Fat: 21.1g (32.46%), Saturated Fat: 4.54g (28.4%), Carbohydrates: 3.22g (1.07%), Net Carbohydrates: 2.63g (0.96%), Sugar: 0.57g (0.63%), Cholesterol: 139.31mg (46.44%), Sodium: 523.47mg (22.76%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 27.8g (55.6%), Selenium: 30.32µg (43.32%), Vitamin B3: 7.58mg (37.9%), Vitamin B6: 0.56mg (28.04%), Phosphorus: 275.67mg (27.57%), Zinc: 3.12mg (20.81%), Vitamin B5: 1.62mg (16.16%), Vitamin B2: 0.27mg (15.97%), Vitamin B12: 0.83µg (13.88%), Manganese: 0.26mg (12.79%), Potassium: 386.68mg (11.05%), Vitamin B1: 0.16mg (10.5%), Magnesium: 41.09mg (10.27%), Copper: 0.19mg (9.72%), Iron: 1.43mg (7.94%), Vitamin C: 5.69mg (6.9%), Vitamin K: 6.28µg (5.98%), Vitamin E: 0.87mg (5.77%), Folate: 14.17µg (3.54%), Calcium: 33.14mg (3.31%), Vitamin A: 151.3IU (3.03%), Fiber: 0.59g (2.37%), Vitamin D: 0.15µg (1.01%)