



## Chili and Honey Chicken Legs

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

READY IN



45 min.

SERVINGS



4

CALORIES



305 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- 0.5 teaspoon pepper black
- 2 tablespoons chili powder pure (not chile powder)
- 1 tablespoon mild honey
- 1 tablespoon juice of lime fresh
- 1 teaspoon salt
- 2 lb chicken legs whole separated

### Equipment

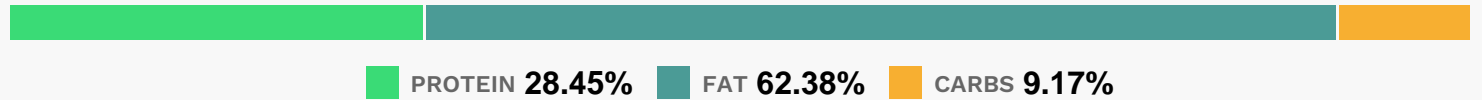
- bowl

- oven
- baking pan
- aluminum foil

## Directions

- Put oven rack in upper third of oven and preheat oven to 425°F. Line bottom of a 15- by 10- inch shallow baking pan with foil and set an oiled large metal rack in pan.
- Stir together chili powder, honey, lime juice, salt, and pepper in a large bowl, then add chicken and turn to coat completely.
- Transfer chicken to rack, arranging in 1 layer, then bake, turning over once, until cooked through, 30 to 35 minutes.

## Nutrition Facts



## Properties

Glycemic Index:21.07, Glycemic Load:2.29, Inflammation Score:-7, Nutrition Score:11.776521864145%

## Flavonoids

Eriodictyol: 0.08mg, Eriodictyol: 0.08mg, Eriodictyol: 0.08mg, Eriodictyol: 0.08mg Hesperetin: 0.34mg, Hesperetin: 0.34mg, Hesperetin: 0.34mg, Hesperetin: 0.34mg Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg

## Nutrients (% of daily need)

Calories: 305.45kcal (15.27%), Fat: 21.2g (32.62%), Saturated Fat: 5.75g (35.91%), Carbohydrates: 7.01g (2.34%), Net Carbohydrates: 5.53g (2.01%), Sugar: 4.66g (5.18%), Cholesterol: 120.22mg (40.07%), Sodium: 755.9mg (32.87%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 21.76g (43.52%), Selenium: 24.14µg (34.49%), Vitamin B3: 6.6mg (32.99%), Vitamin A: 1308.17IU (26.16%), Vitamin B6: 0.5mg (24.91%), Phosphorus: 213.5mg (21.35%), Zinc: 2.09mg (13.94%), Vitamin B5: 1.33mg (13.32%), Vitamin B2: 0.22mg (13.11%), Vitamin E: 1.82mg (12.14%), Vitamin B12: 0.72µg (12.07%), Potassium: 350.99mg (10.03%), Iron: 1.64mg (9.1%), Magnesium: 31.37mg (7.84%), Vitamin K: 7.63µg (7.27%), Vitamin B1: 0.11mg (7.04%), Manganese: 0.13mg (6.35%), Fiber: 1.48g (5.92%), Copper: 0.12mg (5.82%), Calcium: 27.14mg (2.71%), Vitamin C: 1.44mg (1.74%), Folate: 6.81µg (1.7%)