



## Chipotle Chicken Drumettes

 Gluten Free  Dairy Free

READY IN



70 min.

SERVINGS



20

CALORIES



72 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

### Ingredients

- 32 oz chicken wings ( 20 drumettes)
- 0.8 cup chili sauce
- 3 tablespoons brown sugar
- 2 tablespoons chipotles in adobo chopped
- 1 teaspoon lime zest grated
- 2 garlic clove minced

### Equipment

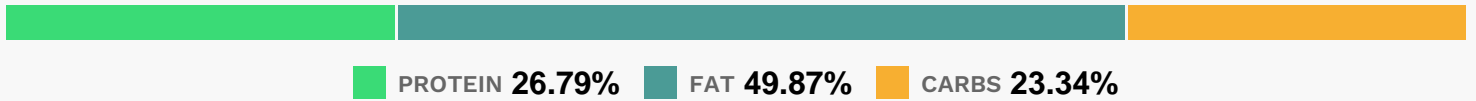
- bowl

- frying pan
- oven
- aluminum foil
- microwave

## Directions

- Heat oven to 375°F. Line 13x9-inch pan with foil. Arrange drummettes in single layer in foil-lined pan.
- In small microwave-safe bowl, combine all remaining ingredients; mix well. Microwave on HIGH for 1 minute or until sugar is dissolved, stirring once halfway through cooking.
- Pour sauce over drummettes to cover.
- Bake at 375°F. for 30 minutes. Turn drummettes over; bake an additional 20 to 30 minutes or until drummettes are glazed, fork-tender and no longer pink next to bone.

## Nutrition Facts



## Properties

Glycemic Index:3.1, Glycemic Load:0.03, Inflammation Score:-1, Nutrition Score:2.1282608534979%

## Flavonoids

Hesperetin: 0.04mg, Hesperetin: 0.04mg, Hesperetin: 0.04mg, Hesperetin: 0.04mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

## Nutrients (% of daily need)

Calories: 72.11kcal (3.61%), Fat: 3.94g (6.07%), Saturated Fat: 1.1g (6.89%), Carbohydrates: 4.15g (1.38%), Net Carbohydrates: 3.75g (1.36%), Sugar: 3.21g (3.57%), Cholesterol: 18.86mg (6.29%), Sodium: 155.64mg (6.77%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 4.77g (9.54%), Vitamin B3: 1.62mg (8.1%), Selenium: 3.97µg (5.68%), Vitamin B6: 0.11mg (5.33%), Phosphorus: 38.2mg (3.82%), Vitamin C: 1.93mg (2.34%), Zinc: 0.35mg (2.31%), Potassium: 79.79mg (2.28%), Vitamin A: 105.77IU (2.12%), Iron: 0.37mg (2.05%), Vitamin B5: 0.19mg (1.92%), Vitamin E: 0.27mg (1.8%), Vitamin B2: 0.03mg (1.71%), Fiber: 0.4g (1.62%), Magnesium: 5.88mg (1.47%), Vitamin B1: 0.02mg (1.44%), Vitamin B12: 0.08µg (1.31%), Copper: 0.03mg (1.26%)