



Chipotle Chicken Drumsticks

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

READY IN



70 min.

SERVINGS



20

CALORIES



87 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 2 teaspoons chiles in adobo sauce
- 1 medium avocado pitted ripe peeled
- 2 pounds chicken drumettes (20 to 24)
- 0.3 cup chili sauce
- 2 chipotles in adobo chopped (from 7-ounce can)
- 0.3 cup cilantro leaves fresh chopped
- 0.3 teaspoon garlic powder
- 0.1 teaspoon pepper

- 2 tablespoons honey
- 1 teaspoon juice of lime
- 2 tablespoons salad dressing
- 1 Dash salt
- 1 tablespoon soya sauce

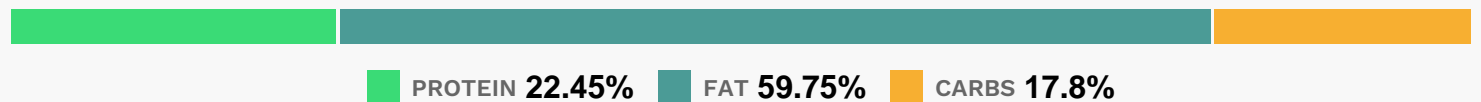
Equipment

- frying pan
- oven
- aluminum foil

Directions

- Mix all ingredients except drummies and Avocado Mayonnaise in shallow dish.
- Add drummies; turn to coat. Cover and refrigerate 30 minutes to marinate.
- Heat oven to 37
- Line jelly roll pan, 15 1/2x10 1/2x1 inch, with aluminum foil. Spray foil with cooking spray.
- Remove drummies from marinade; place in pan.
- Brush with remaining marinade.
- Bake 30 to 35 minutes or until chicken is no longer pink when centers of thickest pieces are cut.
- Meanwhile, make Avocado Mayonnaise.
- Serve with warm drummies.

Nutrition Facts



Properties

Glycemic Index:8.81, Glycemic Load:0.99, Inflammation Score:-1, Nutrition Score:2.7686956460061%

Flavonoids

Cyanidin: 0.03mg, Cyanidin: 0.03mg, Cyanidin: 0.03mg, Cyanidin: 0.03mg Epicatechin: 0.04mg, Epicatechin: 0.04mg, Epicatechin: 0.04mg, Epicatechin: 0.04mg Epigallocatechin 3-gallate: 0.02mg, Epigallocatechin 3-gallate: 0.02mg, Epigallocatechin 3-gallate: 0.02mg, Epigallocatechin 3-gallate: 0.02mg Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg Hesperetin: 0.02mg, Hesperetin: 0.02mg, Hesperetin: 0.02mg, Hesperetin: 0.02mg Quercetin: 0.11mg, Quercetin: 0.11mg, Quercetin: 0.11mg, Quercetin: 0.11mg

Nutrients (% of daily need)

Calories: 86.5kcal (4.32%), Fat: 5.8g (8.93%), Saturated Fat: 1.37g (8.56%), Carbohydrates: 3.89g (1.3%), Net Carbohydrates: 2.95g (1.07%), Sugar: 2.53g (2.81%), Cholesterol: 18.86mg (6.29%), Sodium: 216.41mg (9.41%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 4.91g (9.81%), Vitamin B3: 1.73mg (8.63%), Vitamin B6: 0.12mg (6.06%), Selenium: 3.95µg (5.65%), Phosphorus: 41.29mg (4.13%), Fiber: 0.94g (3.75%), Vitamin K: 3.75µg (3.57%), Vitamin B5: 0.33mg (3.34%), Potassium: 106.64mg (3.05%), Zinc: 0.41mg (2.72%), Vitamin E: 0.4mg (2.65%), Folate: 9.85µg (2.46%), Vitamin B2: 0.04mg (2.34%), Vitamin C: 1.9mg (2.3%), Iron: 0.41mg (2.27%), Magnesium: 8.44mg (2.11%), Copper: 0.04mg (1.84%), Vitamin A: 89.25IU (1.78%), Vitamin B1: 0.02mg (1.53%), Manganese: 0.03mg (1.41%), Vitamin B12: 0.08µg (1.31%)