



Chipotle-Orange Chicken Legs

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

READY IN



50 min.

SERVINGS



6

CALORIES



267 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 2 teaspoons brown sugar
- 3 tablespoons brown sugar
- 2 pounds skin-on chicken drumsticks (8 drumsticks)
- 2 teaspoons cornstarch
- 6 garlic cloves pressed
- 1 teaspoon chipotle chili powder
- 1.5 teaspoons kosher salt
- 2 tablespoons olive oil

- 1 cup orange juice fresh divided
- 1 tablespoon orange zest
- 5 tablespoons soya sauce divided

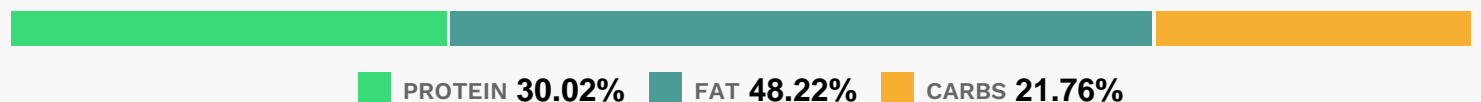
Equipment

- sauce pan
- whisk
- grill
- aluminum foil

Directions

- Preheat grill to 350 to 400 (medium-high) heat.
- Combine 1/4 cup orange juice, 3 Tbsp. soy sauce, 3 Tbsp. brown sugar, and next 5 ingredients in a shallow dish or large zip-top plastic freezer bag; add chicken. Cover or seal, and chill 10 minutes.
- Remove chicken from marinade, discarding marinade.
- Grill chicken, covered with grill lid, 10 to 12 minutes on each side or until done.
- Remove from grill; cover with aluminum foil, and let stand 10 minutes.
- Meanwhile, whisk together 2 tsp. brown sugar, remaining 3/4 cup orange juice, and 2 Tbsp. soy sauce in a small saucepan.
- Whisk together cornstarch and 2 tsp. water, and whisk into orange juice mixture. Bring mixture to a boil over medium heat, and cook, whisking constantly, 1 minute or until thickened.
- Brush sauce over chicken.

Nutrition Facts



Properties

Glycemic Index:16.17, Glycemic Load:2.58, Inflammation Score:-4, Nutrition Score:10.938695718413%

Flavonoids

Eriodictyol: 0.07mg, Eriodictyol: 0.07mg, Eriodictyol: 0.07mg, Eriodictyol: 0.07mg Hesperetin: 4.94mg, Hesperetin: 4.94mg, Hesperetin: 4.94mg, Hesperetin: 4.94mg Naringenin: 0.88mg, Naringenin: 0.88mg, Naringenin: 0.88mg, Naringenin: 0.88mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg Quercetin: 0.16mg, Quercetin: 0.16mg, Quercetin: 0.16mg, Quercetin: 0.16mg

Nutrients (% of daily need)

Calories: 266.71kcal (13.34%), Fat: 14.24g (21.91%), Saturated Fat: 3.15g (19.68%), Carbohydrates: 14.46g (4.82%), Net Carbohydrates: 13.96g (5.08%), Sugar: 10.89g (12.1%), Cholesterol: 93.2mg (31.07%), Sodium: 1533.25mg (66.66%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 19.95g (39.89%), Selenium: 20.43µg (29.18%), Vitamin B3: 5.73mg (28.67%), Vitamin C: 22.97mg (27.84%), Vitamin B6: 0.43mg (21.59%), Phosphorus: 200.87mg (20.09%), Zinc: 2.09mg (13.91%), Vitamin B2: 0.21mg (12.45%), Vitamin B5: 1.22mg (12.18%), Potassium: 370.96mg (10.6%), Vitamin B12: 0.56µg (9.29%), Vitamin B1: 0.14mg (9.08%), Magnesium: 32.97mg (8.24%), Manganese: 0.16mg (8.01%), Iron: 1.28mg (7.12%), Vitamin E: 1.01mg (6.75%), Copper: 0.12mg (5.88%), Vitamin K: 5.79µg (5.51%), Folate: 18.7µg (4.67%), Vitamin A: 232.57IU (4.65%), Calcium: 32.32mg (3.23%), Fiber: 0.49g (1.97%)