

Citrus Soy Chicken Drumsticks

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

READY IN



45 min.

SERVINGS



4

CALORIES



400 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 2 pounds skin-on chicken drumsticks
- 1 teaspoon ginger fresh finely chopped
- 0.3 cup spring onion chopped
- 1 tablespoon juice of lemon fresh
- 2 tablespoons soy sauce low-sodium
- 0.3 cup orange juice fresh
- 0.5 cup rice wine (rice wine)
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- 0.3 teaspoon salt
- 2 tablespoons sugar

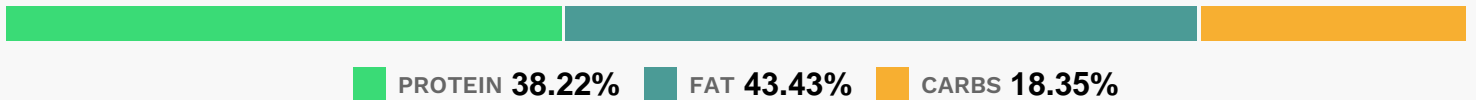
Equipment

- bowl
- frying pan

Directions

- Combine chicken, ginger, and salt in a large bowl, tossing to coat.
- Heat a large nonstick skillet over medium-high heat. Coat pan with cooking spray.
- Add chicken, and cook for 6 minutes or until browned on all sides.
- Add sake and next 4 ingredients (through lemon juice); cook 1 minute. Cover, reduce heat, and simmer 10 minutes or until chicken is thoroughly cooked.
- Remove chicken from pan; keep warm. Bring sauce to a boil. Cook until sauce is reduced to 1/2 cup (about 5 minutes). Return chicken to pan, turning to coat.
- Sprinkle green onions over chicken.

Nutrition Facts



Properties

Glycemic Index:42.27, Glycemic Load:5.12, Inflammation Score:-4, Nutrition Score:12.921304386595%

Flavonoids

Eriodictyol: 0.21mg, Eriodictyol: 0.21mg, Eriodictyol: 0.21mg, Eriodictyol: 0.21mg Hesperetin: 2.39mg, Hesperetin: 2.39mg, Hesperetin: 2.39mg, Hesperetin: 2.39mg Naringenin: 0.38mg, Naringenin: 0.38mg, Naringenin: 0.38mg, Naringenin: 0.38mg Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.72mg, Quercetin: 0.72mg, Quercetin: 0.72mg, Quercetin: 0.72mg

Nutrients (% of daily need)

Calories: 400.07kcal (20%), Fat: 14.22g (21.87%), Saturated Fat: 3.73g (23.34%), Carbohydrates: 13.51g (4.5%), Net Carbohydrates: 13.24g (4.81%), Sugar: 7.58g (8.42%), Cholesterol: 139.8mg (46.6%), Sodium: 594.49mg (25.85%), Alcohol: 14.49g (100%), Alcohol %: 6.5% (100%), Protein: 28.15g (56.3%), Selenium: 30.88µg (44.11%), Vitamin B3: 7.54mg (37.72%), Phosphorus: 276.34mg (27.63%), Vitamin B6: 0.53mg (26.49%), Zinc: 3.04mg (20.24%), Vitamin B2: 0.28mg (16.73%), Vitamin B5: 1.64mg (16.37%), Vitamin K: 16.75µg (15.95%), Vitamin B12: 0.84µg (13.93%), Potassium: 443.85mg (12.68%), Vitamin C: 10.4mg (12.61%), Magnesium: 44.71mg (11.18%), Vitamin B1: 0.14mg (9.65%), Iron: 1.29mg (7.16%), Copper: 0.12mg (5.95%), Folate: 17.53µg (4.38%), Manganese: 0.07mg (3.71%), Vitamin A: 163.44IU (3.27%), Calcium: 28.76mg (2.88%), Vitamin E: 0.37mg (2.46%), Fiber: 0.27g (1.08%), Vitamin D: 0.15µg (1.01%)