



Coffee-Brined Chicken Drumsticks

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

READY IN



40 min.

SERVINGS



4

CALORIES



294 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 8 skin-on chicken drumsticks ()
- 2 tablespoons chili powder
- 1 cinnamon sticks
- 1.5 cups strongly coffee brewed
- 0.5 teaspoon pepper red crushed
- 3 cloves garlic crushed
- 0.3 cup salt
- 3 tablespoons sugar

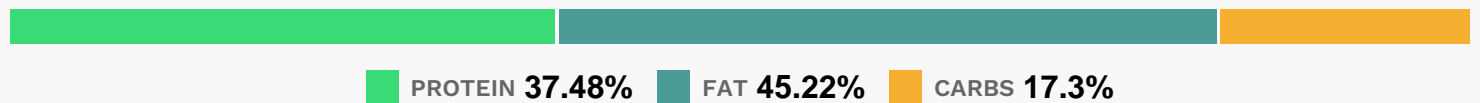
Equipment

- bowl
- frying pan
- oven
- broiler
- broiler pan

Directions

- In a large bowl, stir together 2 cups water, coffee, salt and sugar until salt and sugar are completely dissolved. Stir in chili powder, red pepper, garlic and cinnamon.
- Add chicken. Top with a small plate, if needed, to keep chicken submerged. Cover and refrigerate for 2 to 4 hours.
- Preheat broiler. Lift chicken from brine and place on a broiler pan. (Discard brine.) Broil 4 to 6 inches from heat source until browned, about 10 minutes. Turn chicken pieces and broil until second side is browned, 10 minutes more.
- Set oven to 350F. Move pan to a rack in middle of oven and bake until drumsticks are no longer pink at bone (cut to test), 10 to 15 minutes longer.
- Serve hot.

Nutrition Facts



Properties

Glycemic Index:26.27, Glycemic Load:6.5, Inflammation Score:-7, Nutrition Score:15.204347716725%

Flavonoids

Epigallocatechin: 0.04mg, Epigallocatechin: 0.04mg, Epigallocatechin: 0.04mg, Epigallocatechin: 0.04mg
Epicatechin: 0.04mg, Epicatechin: 0.04mg, Epicatechin: 0.04mg, Epicatechin: 0.04mg Kaempferol: 0.01mg,
Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.08mg, Myricetin: 0.08mg, Myricetin:
0.08mg, Myricetin: 0.08mg Quercetin: 0.08mg, Quercetin: 0.08mg, Quercetin: 0.08mg, Quercetin: 0.08mg

Nutrients (% of daily need)

Calories: 293.8kcal (14.69%), Fat: 14.74g (22.68%), Saturated Fat: 3.82g (23.88%), Carbohydrates: 12.69g (4.23%), Net Carbohydrates: 10.7g (3.89%), Sugar: 9.33g (10.37%), Cholesterol: 139.31mg (46.44%), Sodium: 7302.85mg (317.52%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Caffeine: 35.55mg (11.85%), Protein: 27.49g (54.98%), Selenium: 30.66µg (43.8%), Vitamin B3: 8.01mg (40.07%), Vitamin B6: 0.62mg (31.09%), Phosphorus: 270.78mg (27.08%), Vitamin A: 1332.56IU (26.65%), Vitamin B2: 0.36mg (21.47%), Zinc: 3.17mg (21.13%), Vitamin B5: 1.85mg (18.46%), Manganese: 0.33mg (16.37%), Vitamin B12: 0.83µg (13.88%), Potassium: 478.52mg (13.67%), Vitamin E: 1.94mg (12.93%), Iron: 1.87mg (10.41%), Magnesium: 40.55mg (10.14%), Vitamin B1: 0.15mg (10.03%), Vitamin K: 8.68µg (8.26%), Fiber: 1.99g (7.96%), Copper: 0.15mg (7.62%), Calcium: 48.25mg (4.83%), Folate: 7.63µg (1.91%), Vitamin D: 0.15µg (1.01%)