



Colombian-Style Roasted Chicken Legs (Piernas de Pollo Asadas a mi Estilo Colombiano)



Gluten Free



Dairy Free



Popular

READY IN



45 min.

SERVINGS



4

CALORIES



391 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 12 skin-on chicken drumsticks
- ☐ 4 servings in a food processor
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- ☐ 0.3 cup cilantro leaves fresh
- ☐ 1 tablespoon thyme leaves fresh
- ☐ 3 cloves garlic

- ☐ 1 tablespoon ground cumin
- ☐ 1 tablespoon paprika
- ☐ 4 servings salt and pepper
- ☐ 5 scallions chopped
- ☐ 0.5 cup onion white chopped
- ☐ 2 tablespoons vinegar white

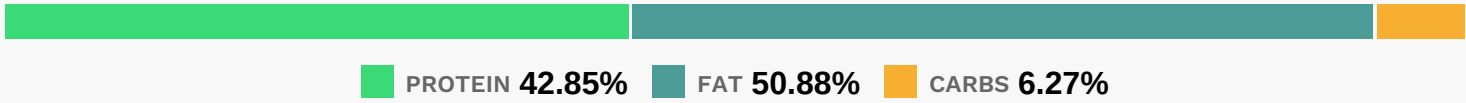
Equipment

- ☐ food processor

Directions

- ☐ In a food processor, place the scallions, garlic, onion, cilantro, thyme, vinegar, cumin, paprika, salt and pepper. Process to a paste.

Nutrition Facts



Properties

Glycemic Index:59, Glycemic Load:1.01, Inflammation Score:-9, Nutrition Score:21.829130245292%

Flavonoids

Apigenin: 0.05mg, Apigenin: 0.05mg, Apigenin: 0.05mg, Apigenin: 0.05mg Luteolin: 0.8mg, Luteolin: 0.8mg, Luteolin: 0.8mg, Luteolin: 0.8mg Isorhamnetin: 1mg, Isorhamnetin: 1mg, Isorhamnetin: 1mg, Isorhamnetin: 1mg Kaempferol: 0.34mg, Kaempferol: 0.34mg, Kaempferol: 0.34mg, Kaempferol: 0.34mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 6.23mg, Quercetin: 6.23mg, Quercetin: 6.23mg, Quercetin: 6.23mg

Nutrients (% of daily need)

Calories: 391.29kcal (19.56%), Fat: 21.75g (33.47%), Saturated Fat: 5.65g (35.3%), Carbohydrates: 6.04g (2.01%), Net Carbohydrates: 4.22g (1.54%), Sugar: 1.45g (1.61%), Cholesterol: 208.96mg (69.65%), Sodium: 825.66mg (35.9%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 41.22g (82.45%), Selenium: 44.81µg (64.02%), Vitamin B3: 11.39mg (56.96%), Vitamin B6: 0.87mg (43.33%), Phosphorus: 407.46mg (40.75%), Vitamin K: 41.43µg (39.46%), Zinc: 4.67mg (31.11%), Vitamin A: 1286.25IU (25.72%), Vitamin B2: 0.44mg (25.62%), Vitamin B5: 2.45mg (24.55%), Vitamin B12: 1.25µg (20.82%), Potassium: 668.99mg (19.11%), Iron: 3.43mg (19.05%), Magnesium: 62.75mg (15.69%), Vitamin B1: 0.22mg (14.84%), Manganese: 0.24mg (12.2%), Copper: 0.2mg (10.2%), Vitamin C: 8.2mg

(9.95%), Vitamin E: 1.1mg (7.36%), Fiber: 1.82g (7.27%), Calcium: 68.76mg (6.88%), Folate: 22.7µg (5.67%), Vitamin D: 0.23µg (1.51%)