



## Crispy Chicken Drumsticks

 Dairy Free

READY IN



170 min.

SERVINGS



4

CALORIES



706 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

## Ingredients

- ☐ 4 servings canola oil for frying
- ☐ 3 pounds skin-on chicken drumsticks
- ☐ 2 cups flour all-purpose
- ☐ 1 tablespoon garlic minced
- ☐ 3 tablespoons horseradish prepared
- ☐ 0.5 cup olive oil
- ☐ 1 tablespoon cracked pepper black
- ☐ 0.5 cup rosemary leaves chopped

- ☐ 1.5 tablespoons salt
- ☐ 0.3 cup citrus champagne vinegar
- ☐ 0.5 cup whole-grain mustard

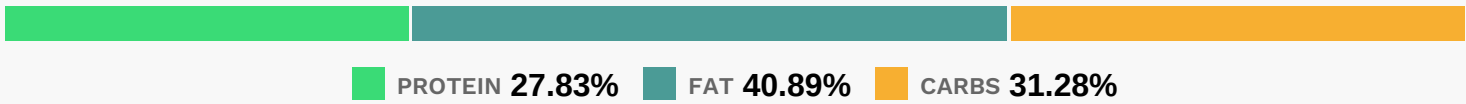
## Equipment

- ☐ food processor
- ☐ oven
- ☐ pot

## Directions

- ☐ In a deep-fryer or heavy-bottomed pot, heat enough canola oil to come halfway up the sides of the pot, to 375 degrees F. Preheat the oven to 375 degrees F.
- ☐ Put the garlic, vinegar, mustard, horseradish and rosemary into a food processor. Pulse the ingredients until smooth. Slowly add the olive oil to emulsify and season with salt and pepper.
- ☐ Put the chicken in a large resealable bag.
- ☐ Pour the marinade into the bag and mix it into the chicken until well coated. Close the bag and refrigerate for 2 to 4 hours and up to overnight.
- ☐ Put the flour in a shallow dish.
- ☐ Remove the chicken from the marinade. Dredge each piece of chicken in the flour, shaking off any excess. Working in batches, fry the chicken until golden brown, about 7 to 8 minutes.
- ☐ Remove the drumsticks from the fryer and arrange them on a sheet tray.
- ☐ Put them in the oven until cooked through, about 6 to 8 minutes.
- ☐ Remove the chicken from the oven and arrange them on a platter for serving.

## Nutrition Facts



## Properties

Glycemic Index:68.5, Glycemic Load:35.74, Inflammation Score:-8, Nutrition Score:29.871739035067%

## Flavonoids

Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg

Nutrients (% of daily need)

Calories: 706.3kcal (35.31%), Fat: 31.63g (48.67%), Saturated Fat: 6.96g (43.53%), Carbohydrates: 54.45g (18.15%), Net Carbohydrates: 49.35g (17.95%), Sugar: 1.54g (1.71%), Cholesterol: 209.7mg (69.9%), Sodium: 3247.53mg (141.2%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 48.44g (96.88%), Selenium: 76.81µg (109.72%), Vitamin B3: 14.99mg (74.97%), Vitamin B1: 0.76mg (50.4%), Phosphorus: 491.69mg (49.17%), Manganese: 0.9mg (45.17%), Vitamin B6: 0.9mg (44.76%), Vitamin B2: 0.73mg (42.96%), Zinc: 5.26mg (35.04%), Folate: 139.33µg (34.83%), Iron: 6.05mg (33.64%), Vitamin B5: 2.77mg (27.67%), Magnesium: 87.64mg (21.91%), Vitamin B12: 1.25µg (20.89%), Fiber: 5.1g (20.39%), Potassium: 712.55mg (20.36%), Copper: 0.3mg (15.23%), Vitamin K: 14.24µg (13.56%), Vitamin E: 1.87mg (12.44%), Calcium: 109.31mg (10.93%), Vitamin C: 5.46mg (6.62%), Vitamin A: 229.4IU (4.59%), Vitamin D: 0.23µg (1.52%)