



Crispy Chicken Drumsticks

 Gluten Free

READY IN



45 min.

SERVINGS



4

CALORIES



293 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1.8 pounds skin-on chicken drumsticks
- ☐ 1 Dash garlic powder
- ☐ 2 tablespoons honey
- ☐ 0.5 cup regular oats
- ☐ 0.3 teaspoon paprika
- ☐ 2 tablespoons parmesan cheese grated
- ☐ 0.3 teaspoon pepper
- ☐ 0.3 teaspoon salt

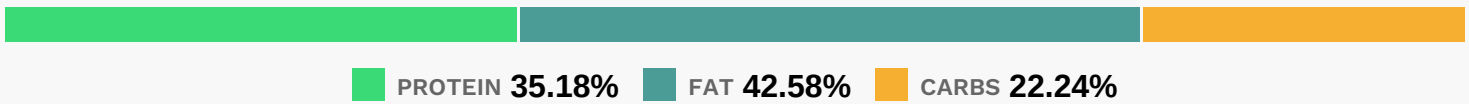
Equipment

- ☐ food processor
- ☐ oven
- ☐ blender
- ☐ broiler pan

Directions

- ☐ Preheat oven to 40
- ☐ Combine first 6 ingredients in a blender or food processor; process until mixture resembles coarse meal.
- ☐ Brush the drumsticks lightly with honey, and dredge drumsticks in oat mixture.
- ☐ Place drumsticks on a broiler pan.
- ☐ Bake drumsticks at 400 for 15 minutes. Turn drumsticks over, and bake an additional 20 minutes or until drumsticks are tender and golden.
- ☐ Garnish drumsticks with parsley, if desired.

Nutrition Facts



Properties

Glycemic Index:36.07, Glycemic Load:6.87, Inflammation Score:-2, Nutrition Score:11.98652163569%

Nutrients (% of daily need)

Calories: 293.01kcal (14.65%), Fat: 13.73g (21.13%), Saturated Fat: 3.76g (23.51%), Carbohydrates: 16.14g (5.38%), Net Carbohydrates: 15.01g (5.46%), Sugar: 8.74g (9.71%), Cholesterol: 124.5mg (41.5%), Sodium: 328.52mg (14.28%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 25.53g (51.06%), Selenium: 29.7µg (42.43%), Vitamin B3: 6.57mg (32.87%), Phosphorus: 279.23mg (27.92%), Vitamin B6: 0.46mg (22.98%), Manganese: 0.42mg (20.98%), Zinc: 3.06mg (20.41%), Vitamin B5: 1.51mg (15.09%), Vitamin B2: 0.25mg (14.83%), Vitamin B12: 0.76µg (12.75%), Magnesium: 42.12mg (10.53%), Vitamin B1: 0.16mg (10.38%), Potassium: 348.09mg (9.95%), Iron: 1.36mg (7.58%), Copper: 0.13mg (6.42%), Fiber: 1.12g (4.49%), Calcium: 42.25mg (4.22%), Vitamin K: 3.87µg (3.69%), Vitamin A: 145.04IU (2.9%), Vitamin E: 0.35mg (2.31%), Folate: 7.69µg (1.92%)