



Crunchy Bones

 Dairy Free

READY IN



50 min.

SERVINGS



8

CALORIES



121 kcal

SIDE DISH

Ingredients

- ☐ 4 cups cornflakes crushed
- ☐ 0.5 teaspoon thyme leaves dried
- ☐ 1 teaspoon garlic powder
- ☐ 0.5 cup mayonnaise light
- ☐ 1 teaspoon onion powder
- ☐ 1 teaspoon paprika
- ☐ 1 teaspoon salt
- ☐ 8 skin-on chicken drumsticks skinless

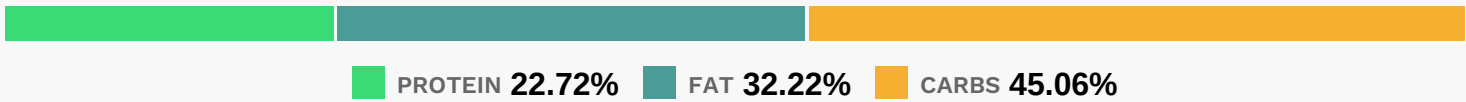
Equipment

- ☐ bowl
- ☐ baking sheet
- ☐ oven
- ☐ wire rack
- ☐ kitchen thermometer
- ☐ aluminum foil

Directions

- ☐ Preheat oven to 400F. Line a rimmed baking sheet with foil. Set wire rack on sheet and mist with nonstick cooking spray.
- ☐ Combine cornflakes, salt, garlic powder, onion powder, paprika, thyme and 1/4 cup mayonnaise in a medium bowl. Stir until mixture is crumbly.
- ☐ Coat each drumstick with 1/2 Tbsp. mayonnaise, then coat with crumb mixture.
- ☐ Place on prepared rack.
- ☐ Bake until chicken is golden and an instant-read thermometer inserted into leg registers 165F, about 30 minutes, tenting with foil if legs begin browning too quickly.
- ☐ Remove baking sheet from oven and let chicken rest for 10 minutes. Wrap bone end of each drumstick with aluminum foil and serve.

Nutrition Facts



Properties

Glycemic Index:2.5, Glycemic Load:0.02, Inflammation Score:-5, Nutrition Score:8.3578261914461%

Nutrients (% of daily need)

Calories: 120.96kcal (6.05%), Fat: 4.36g (6.71%), Saturated Fat: 0.79g (4.94%), Carbohydrates: 13.71g (4.57%), Net Carbohydrates: 13.07g (4.75%), Sugar: 1.88g (2.09%), Cholesterol: 29.38mg (9.79%), Sodium: 542.92mg (23.61%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 6.91g (13.83%), Iron: 4.43mg (24.62%), Vitamin B3: 4.11mg (20.53%), Vitamin B6: 0.38mg (18.75%), Vitamin B2: 0.27mg (16.07%), Vitamin B1: 0.22mg (14.59%), Vitamin B12:

0.86µg (14.38%), Folate: 52.38µg (13.09%), Selenium: 7.97µg (11.39%), Vitamin K: 9.68µg (9.22%), Vitamin A: 391.99IU (7.84%), Phosphorus: 73.03mg (7.3%), Zinc: 0.83mg (5.51%), Vitamin B5: 0.38mg (3.83%), Vitamin C: 3.04mg (3.68%), Vitamin D: 0.5µg (3.36%), Magnesium: 13.23mg (3.31%), Potassium: 113.45mg (3.24%), Vitamin E: 0.46mg (3.06%), Copper: 0.06mg (2.8%), Fiber: 0.64g (2.58%), Manganese: 0.05mg (2.31%)