



 **68%**
HEALTH SCORE

Crunchy Garlic Drumsticks

 Very Healthy

READY IN



70 min.

SERVINGS



1

CALORIES



1490 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 3 tablespoons butter melted
- 2 pounds skin-on chicken drumsticks
- 2 cups cornflakes country®
- 1 tablespoon chives fresh chopped
- 3 tablespoons parsley fresh chopped
- 0.5 teaspoon garlic powder
- 1 tablespoon milk
- 0.5 teaspoon paprika

0.5 teaspoon salt

Equipment

frying pan

oven

Directions

Heat oven to 425F. Spray rectangular pan, 13x9x2 inches, with cooking spray.

Crush cereal.

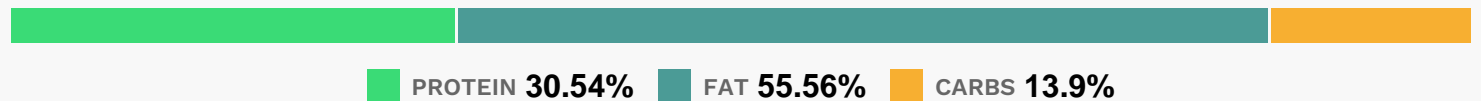
Mix cereal, parsley and paprika.

Mix butter, milk, chives, salt and garlic powder. Dip chicken into butter mixture, then coat lightly and evenly with cereal mixture.

Place in pan. Spray chicken with cooking spray.

Bake uncovered 35 to 50 minutes or until juice of chicken is no longer pink when centers of thickest pieces are cut.

Nutrition Facts



Properties

Glycemic Index:135, Glycemic Load:0.48, Inflammation Score:-10, Nutrition Score:61.084782641867%

Flavonoids

Apigenin: 25.86mg, Apigenin: 25.86mg, Apigenin: 25.86mg, Apigenin: 25.86mg Luteolin: 0.14mg, Luteolin: 0.14mg, Luteolin: 0.14mg, Luteolin: 0.14mg Isorhamnetin: 0.2mg, Isorhamnetin: 0.2mg, Isorhamnetin: 0.2mg, Isorhamnetin: 0.2mg Kaempferol: 0.48mg, Kaempferol: 0.48mg, Kaempferol: 0.48mg, Kaempferol: 0.48mg Myricetin: 1.78mg, Myricetin: 1.78mg, Myricetin: 1.78mg, Myricetin: 1.78mg Quercetin: 0.18mg, Quercetin: 0.18mg, Quercetin: 0.18mg, Quercetin: 0.18mg

Nutrients (% of daily need)

Calories: 1490.33kcal (74.52%), Fat: 91.24g (140.36%), Saturated Fat: 22.29g (139.34%), Carbohydrates: 51.36g (17.12%), Net Carbohydrates: 48.56g (17.66%), Sugar: 6.34g (7.04%), Cholesterol: 560.99mg (187%), Sodium: 2613.26mg (113.62%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 112.83g (225.66%), Vitamin K: 219.24µg (208.8%), Vitamin B3: 39.74mg (198.69%), Selenium: 123.31µg (176.16%), Vitamin B6: 3.09mg (154.72%), Iron: 21.11mg

(117.28%), Vitamin B2: 1.93mg (113.65%), Phosphorus: 1108.95mg (110.9%), Vitamin B12: 6.27µg (104.43%), Vitamin A: 4440.4IU (88.81%), Vitamin B1: 1.28mg (85.19%), Zinc: 12.53mg (83.52%), Vitamin B5: 6.6mg (65.98%), Folate: 241.16µg (60.29%), Potassium: 1605.94mg (45.88%), Magnesium: 156.69mg (39.17%), Vitamin C: 29.57mg (35.85%), Copper: 0.52mg (26.02%), Vitamin E: 2.93mg (19.53%), Vitamin D: 2.79µg (18.59%), Manganese: 0.26mg (13.1%), Calcium: 118.15mg (11.81%), Fiber: 2.8g (11.21%)