



Crunchy Garlic Drumsticks

READY IN



70 min.

SERVINGS



4

CALORIES



373 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

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

1 serving pam original flavor shopping list

Equipment

frying pan

oven

Directions

Heat oven to 425°F. 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


■ PROTEIN 30.52% ■ FAT 55.58% ■ CARBS 13.9%

Properties

Glycemic Index:33.75, Glycemic Load:0.12, Inflammation Score:-7, Nutrition Score:19.451304311338%

Flavonoids

Apigenin: 6.46mg, Apigenin: 6.46mg, Apigenin: 6.46mg, Apigenin: 6.46mg Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg Isorhamnetin: 0.05mg, Isorhamnetin: 0.05mg, Isorhamnetin: 0.05mg, Isorhamnetin: 0.05mg Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg Myricetin: 0.45mg, Myricetin: 0.45mg, Myricetin: 0.45mg, Myricetin: 0.45mg Quercetin: 0.04mg, Quercetin: 0.04mg, Quercetin: 0.04mg, Quercetin: 0.04mg

Nutrients (% of daily need)

Calories: 372.78kcal (18.64%), Fat: 22.83g (35.12%), Saturated Fat: 5.58g (34.85%), Carbohydrates: 12.85g (4.28%), Net Carbohydrates: 12.15g (4.42%), Sugar: 1.58g (1.76%), Cholesterol: 140.25mg (46.75%), Sodium: 653.33mg (28.41%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 28.21g (56.41%), Vitamin K: 54.81µg (52.2%), Vitamin B3: 9.93mg (49.67%), Selenium: 30.83µg (44.04%), Vitamin B6: 0.77mg (38.68%), Iron: 5.28mg (29.32%), Vitamin

B2: 0.48mg (28.41%), Phosphorus: 277.24mg (27.72%), Vitamin B12: 1.57µg (26.11%), Vitamin A: 1110.1IU (22.2%),
Vitamin B1: 0.32mg (21.3%), Zinc: 3.13mg (20.88%), Vitamin B5: 1.65mg (16.5%), Folate: 60.29µg (15.07%),
Potassium: 401.48mg (11.47%), Magnesium: 39.17mg (9.79%), Vitamin C: 7.39mg (8.96%), Copper: 0.13mg (6.51%),
Vitamin E: 0.73mg (4.88%), Vitamin D: 0.7µg (4.65%), Manganese: 0.07mg (3.27%), Calcium: 29.54mg (2.95%),
Fiber: 0.7g (2.8%)