



Deviled Chicken Drumsticks

READY IN



45 min.

SERVINGS



6

CALORIES



362 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 0.8 teaspoon ground pepper
- 12 skin-on chicken drumsticks ()
- 0.5 cup dijon mustard
- 0.8 cup panko bread crumbs (Japanese bread crumbs)
- 1.5 ounces parmesan grated
- 3 tablespoons butter unsalted melted

Equipment

- frying pan

oven

Directions

- Preheat oven to 450°F with rack in upper third.
- Pat chicken dry, then toss with mustard until evenly coated.
- Stir together panko, cheese, cayenne, and 1/2 teaspoon each of salt and pepper.
- Drizzle with butter and toss.
- Dredge each drumstick in crumb mixture to coat, then arrange, without crowding, in a buttered large 4-sided sheet pan. Roast until chicken is browned and cooked through, about 30 minutes.
- Serve warm or at room temperature.
- Chicken can be roasted 1 day ahead and chilled.

Nutrition Facts

 **PROTEIN 34.87%**  **FAT 57.24%**  **CARBS 7.89%**

Properties

Glycemic Index:15.17, Glycemic Load:0.15, Inflammation Score:-4, Nutrition Score:14.716521961534%

Nutrients (% of daily need)

Calories: 361.81kcal (18.09%), Fat: 22.72g (34.95%), Saturated Fat: 8.62g (53.87%), Carbohydrates: 7.04g (2.35%), Net Carbohydrates: 5.74g (2.09%), Sugar: 0.85g (0.94%), Cholesterol: 159.18mg (53.06%), Sodium: 555.01mg (24.13%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 31.14g (62.28%), Selenium: 40.01µg (57.15%), Vitamin B3: 7.98mg (39.91%), Phosphorus: 337.74mg (33.77%), Vitamin B6: 0.54mg (26.94%), Zinc: 3.36mg (22.37%), Vitamin B2: 0.32mg (19.12%), Vitamin B5: 1.71mg (17.09%), Vitamin B12: 0.96µg (15.93%), Vitamin B1: 0.24mg (15.89%), Calcium: 127.9mg (12.79%), Magnesium: 47.11mg (11.78%), Potassium: 396.73mg (11.34%), Iron: 1.73mg (9.58%), Manganese: 0.19mg (9.39%), Vitamin A: 418.69IU (8.37%), Copper: 0.13mg (6.56%), Fiber: 1.3g (5.19%), Vitamin K: 5.4µg (5.15%), Vitamin E: 0.62mg (4.13%), Folate: 14.99µg (3.75%), Vitamin D: 0.29µg (1.95%)