



Drumsticks en Croute

READY IN



125 min.

SERVINGS



6

CALORIES



638 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 3 pounds skin-on chicken drumsticks
- ☐ 1 tablespoon chile powder
- ☐ 1 package filo dough thawed
- ☐ 1 tablespoon garlic powder
- ☐ 1 tablespoon ground cumin
- ☐ 3 tablespoons honey dijon mustard
- ☐ 2 tablespoons oregano dried
- ☐ 1 tablespoon paprika
- ☐ 1 tablespoon salt

☐ 0.5 cup butter unsalted melted

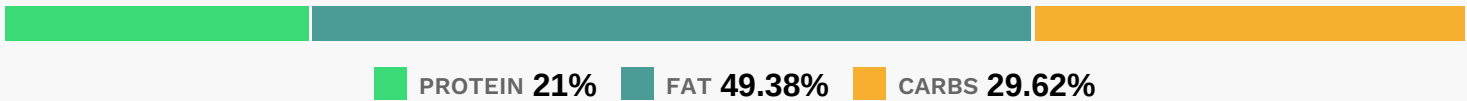
Equipment

- ☐ bowl
- ☐ baking sheet
- ☐ oven

Directions

- ☐ Preheat the oven to 350 degrees F.
- ☐ In a small bowl, combine the spices and mix well. Rub the chicken evenly with the spice mixture and place on a baking sheet.
- ☐ Place in the oven and cook for 1 hour and 15 minutes.
- ☐ Remove to cool.
- ☐ While chicken is cooling, unfold the filo, stacking the layers so the ends are aligned, and cut into 6-inch wide strips the length of the dough. Cover with a damp towel until ready to use.
- ☐ Once chicken is cool enough to handle, make a small slit in the leg and add about 1 to 2 teaspoons of the mustard. Working with 1 sheet of filo at a time, lightly brush with butter, top with another sheet, and lightly brush with butter again. Repeat so there are 3 to 4 layers of filo evenly stacked on top of one another.
- ☐ Roll 1 leg inside the stacked and brushed filo, leaving the bone end of the drumstick exposed.
- ☐ Brush lightly with butter and repeat with remaining filo and drumsticks.
- ☐ Return to the oven and bake until golden and crispy, 20 to 30 minutes.
- ☐ Serve immediately.

Nutrition Facts



Properties

Glycemic Index:11.33, Glycemic Load:14.66, Inflammation Score:-10, Nutrition Score:22.45173909094%

Nutrients (% of daily need)

Calories: 637.61kcal (31.88%), Fat: 34.63g (53.28%), Saturated Fat: 14.65g (91.58%), Carbohydrates: 46.74g (15.58%), Net Carbohydrates: 43.51g (15.82%), Sugar: 1.99g (2.21%), Cholesterol: 180.47mg (60.16%), Sodium: 1750.57mg (76.11%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 33.14g (66.29%), Selenium: 48.05µg (68.65%), Vitamin B3: 10.84mg (54.19%), Vitamin B1: 0.55mg (36.98%), Phosphorus: 334.05mg (33.4%), Vitamin B2: 0.56mg (32.85%), Vitamin B6: 0.62mg (31.22%), Vitamin A: 1553.64IU (31.07%), Iron: 5.22mg (29.02%), Manganese: 0.56mg (27.99%), Zinc: 3.55mg (23.65%), Folate: 77.19µg (19.3%), Vitamin B5: 1.89mg (18.86%), Vitamin K: 19.78µg (18.84%), Potassium: 506.89mg (14.48%), Vitamin B12: 0.87µg (14.47%), Magnesium: 55.37mg (13.84%), Vitamin E: 1.98mg (13.22%), Fiber: 3.24g (12.96%), Copper: 0.22mg (11.04%), Calcium: 72.81mg (7.28%), Vitamin D: 0.44µg (2.9%)