



Drumsticks With Biscuits and Tomato Jam

READY IN



55 min.

SERVINGS



4

CALORIES



672 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 4 servings biscuits for serving
- ☐ 1 cup flour all-purpose
- ☐ 2 sprigs thyme leaves fresh chopped
- ☐ 2 pints grape tomatoes
- ☐ 0.3 cup dijon honey mustard
- ☐ 1 juice of lemon
- ☐ 4 servings kosher salt and pepper freshly ground
- ☐ 2.5 pounds skin-on chicken drumsticks
- ☐ 3 tablespoons sugar

- ☐ 5 tablespoons butter unsalted
- ☐ 2 tablespoons worcestershire sauce

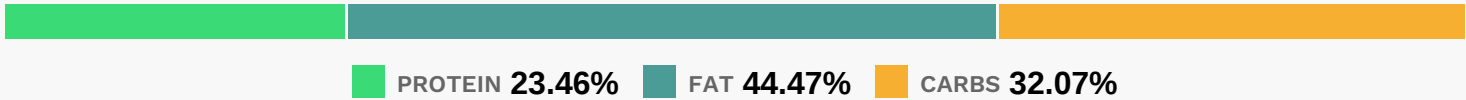
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ sauce pan
- ☐ oven
- ☐ kitchen thermometer

Directions

- ☐ Preheat the oven to 400 degrees F.
- ☐ Put the tomatoes, sugar, thyme sprigs, 1 cup water, 1/2 teaspoon salt, and pepper to taste in a small saucepan. Bring to a boil over high heat, then reduce the heat and simmer, stirring occasionally, until thick, about 30 minutes. Meanwhile, mix half of the lemon juice, the chopped thyme, mustard and Worcestershire sauce in a large bowl. Season the flour with salt and pepper in another bowl.
- ☐ Heat a large cast-iron skillet over medium-high heat. Season the drumsticks with salt and pepper. Dip in the mustard mixture, then dredge in the seasoned flour. Melt the butter in the skillet and fry the drumsticks, turning, until golden on all sides, about 6 minutes.
- ☐ Transfer the skillet to the oven; bake until the chicken is golden and a thermometer inserted into the center registers 155 degrees F, about 15 minutes.
- ☐ Add the remaining lemon juice to the tomato jam and season with salt and pepper.
- ☐ Serve the drumsticks with the jam and biscuits.
- ☐ Photograph by Antonis Achilleos

Nutrition Facts



Properties

Glycemic Index:73.27, Glycemic Load:26.28, Inflammation Score:-9, Nutrition Score:28.184782919676%

Flavonoids

Eriodictyol: 0.37mg, Eriodictyol: 0.37mg, Eriodictyol: 0.37mg, Eriodictyol: 0.37mg Hesperetin: 1.09mg, Hesperetin: 1.09mg, Hesperetin: 1.09mg, Hesperetin: 1.09mg Naringenin: 1.71mg, Naringenin: 1.71mg, Naringenin: 1.71mg, Naringenin: 1.71mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.23mg, Luteolin: 0.23mg, Luteolin: 0.23mg, Luteolin: 0.23mg Kaempferol: 0.21mg, Kaempferol: 0.21mg, Kaempferol: 0.21mg, Kaempferol: 0.21mg Myricetin: 0.31mg, Myricetin: 0.31mg, Myricetin: 0.31mg, Myricetin: 0.31mg Quercetin: 1.4mg, Quercetin: 1.4mg, Quercetin: 1.4mg, Quercetin: 1.4mg

Nutrients (% of daily need)

Calories: 672.32kcal (33.62%), Fat: 32.84g (50.52%), Saturated Fat: 13.79g (86.17%), Carbohydrates: 53.29g (17.76%), Net Carbohydrates: 49.5g (18%), Sugar: 20.52g (22.8%), Cholesterol: 212.38mg (70.79%), Sodium: 629.59mg (27.37%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 38.99g (77.97%), Selenium: 47.91µg (68.44%), Vitamin B3: 12.55mg (62.77%), Vitamin A: 2526.42IU (50.53%), Vitamin C: 37.22mg (45.12%), Phosphorus: 420.56mg (42.06%), Vitamin B6: 0.84mg (41.99%), Vitamin B1: 0.5mg (33.32%), Vitamin B2: 0.54mg (31.86%), Potassium: 1103.15mg (31.52%), Zinc: 4.32mg (28.79%), Manganese: 0.53mg (26.51%), Folate: 102µg (25.5%), Vitamin K: 24.88µg (23.7%), Vitamin B5: 2.35mg (23.46%), Iron: 3.87mg (21.51%), Magnesium: 73.77mg (18.44%), Vitamin B12: 1.08µg (17.93%), Copper: 0.33mg (16.29%), Fiber: 3.79g (15.15%), Vitamin E: 2.09mg (13.96%), Calcium: 63.81mg (6.38%), Vitamin D: 0.45µg (3.02%)