



## Easy Broiled Drumsticks

 Gluten Free

READY IN



45 min.

SERVINGS



4

CALORIES



294 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

## Ingredients

- 8 skin-on chicken drumsticks
- 1 clove garlic chopped
- 2 tablespoons juice of lemon
- 4 servings salt and pepper
- 2 tablespoons butter unsalted

## Equipment

- frying pan
- oven

aluminum foil

broiler

## Directions

- Position oven rack about 8 inches from heat source. Preheat broiler; line a broiling pan with foil. Pat drumsticks dry and trim off fat. Arrange in a single layer on prepared pan.
- Melt butter with garlic and lemon juice over medium-low heat. Season drumsticks with salt and pepper.
- Brush each lightly with lemon butter.
- Broil, turning often and brushing with lemon butter, until chicken is browned and crisp and has no traces of pink juices when pierced, about 30 minutes. Cool slightly.
- Serve drumsticks with dipping sauces.

## Nutrition Facts

 **PROTEIN 37.09%** **FAT 61.62%** **CARBS 1.29%**

## Properties

Glycemic Index:7.5, Glycemic Load:0.07, Inflammation Score:-2, Nutrition Score:11.061304389135%

## 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: 0.1mg, Naringenin: 0.1mg, Naringenin: 0.1mg, Naringenin: 0.1mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.04mg, Quercetin: 0.04mg, Quercetin: 0.04mg, Quercetin: 0.04mg

## Nutrients (% of daily need)

Calories: 293.72kcal (14.69%), Fat: 19.77g (30.41%), Saturated Fat: 7.31g (45.68%), Carbohydrates: 0.94g (0.31%), Net Carbohydrates: 0.9g (0.33%), Sugar: 0.2g (0.22%), Cholesterol: 154.36mg (51.45%), Sodium: 352.24mg (15.31%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 26.77g (53.54%), Selenium: 29.56µg (42.23%), Vitamin B3: 7.34mg (36.7%), Vitamin B6: 0.52mg (25.78%), Phosphorus: 254.78mg (25.48%), Zinc: 2.93mg (19.51%), Vitamin B5: 1.59mg (15.88%), Vitamin B2: 0.26mg (15.13%), Vitamin B12: 0.84µg (14.08%), Potassium: 350.12mg (10%), Vitamin B1: 0.13mg (8.42%), Magnesium: 31.07mg (7.77%), Iron: 0.98mg (5.42%), Vitamin A: 245.1IU (4.9%), Copper: 0.1mg (4.85%), Vitamin K: 4.29µg (4.08%), Vitamin C: 3.14mg (3.8%), Vitamin E: 0.46mg (3.08%), Manganese: 0.04mg (2%), Calcium: 18.75mg (1.87%), Vitamin D: 0.26µg (1.71%), Folate: 6.28µg (1.57%)