



 11%
HEALTH SCORE

Exotic Pomegranate Chicken

 **Gluten Free**  **Dairy Free**

READY IN



775 min.

SERVINGS



6

CALORIES



352 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 12 skin-on chicken drumsticks
- 2 cloves garlic minced
- 1 teaspoon ground pepper
- 2 teaspoons ground cinnamon
- 3 tablespoons ground coriander
- 3 tablespoons ground cumin
- 1 tablespoon pepper black
- 1 tablespoon herbs de provence

- 2 tablespoons olive oil
- 16 fl. oz. pomegranate juice
- 1.5 teaspoons salt

Equipment

- bowl
- paper towels
- sauce pan
- oven
- baking pan
- kitchen thermometer
- ziploc bags

Directions

- Mix the cumin, coriander, herbes de Provence, black pepper, cinnamon, and cayenne pepper together in a small bowl.
- Place the chicken and garlic in a bowl; sprinkle about 2/3 of the spice mixture over the chicken and toss to coat.
- Transfer the chicken to a resealable plastic bag.
- Pour in the pomegranate juice. Seal and refrigerate at least 12 hours.
- Remove the chicken from the bag, reserving the marinade.
- Preheat oven to 400 degrees F (200 degrees C).
- Pat chicken dry with a paper towel. Season with the remaining spice mixture and salt. Coat with olive oil, then arrange the chicken in a large baking dish in one layer.
- Bake the drumsticks until no longer pink at the bone and the juices run clear, 45 to 50 minutes. An instant-read thermometer inserted near the bone should read at least 165 degrees F (74 degrees C).
- While the chicken is baking, bring the reserved marinade to a boil in a saucepan over high heat. Reduce heat to medium-low, and continue simmering until reduced by 2/3.
- Stir often.

Pour over chicken before serving.

Nutrition Facts

PROTEIN 31.44% **FAT 51.3%** **CARBS 17.26%**

Properties

Glycemic Index:17.33, Glycemic Load:0.31, Inflammation Score:-4, Nutrition Score:16.96999992495%

Flavonoids

Cyanidin: 1.89mg, Cyanidin: 1.89mg, Cyanidin: 1.89mg, Cyanidin: 1.89mg Delphinidin: 0.64mg, Delphinidin: 0.64mg, Delphinidin: 0.64mg, Delphinidin: 0.64mg Pelargonidin: 0.07mg, Pelargonidin: 0.07mg, Pelargonidin: 0.07mg, Pelargonidin: 0.07mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 0.89mg, Quercetin: 0.89mg, Quercetin: 0.89mg, Quercetin: 0.89mg

Nutrients (% of daily need)

Calories: 351.84kcal (17.59%), Fat: 20.23g (31.12%), Saturated Fat: 4.53g (28.32%), Carbohydrates: 15.32g (5.11%), Net Carbohydrates: 12.91g (4.7%), Sugar: 10.08g (11.2%), Cholesterol: 139.31mg (46.44%), Sodium: 752.86mg (32.73%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 27.89g (55.78%), Selenium: 30.7µg (43.85%), Vitamin B3: 7.79mg (38.94%), Phosphorus: 291.08mg (29.11%), Vitamin B6: 0.58mg (28.78%), Manganese: 0.57mg (28.47%), Vitamin K: 28.52µg (27.16%), Iron: 4.48mg (24.9%), Zinc: 3.33mg (22.18%), Vitamin B5: 1.81mg (18.13%), Potassium: 624.21mg (17.83%), Vitamin B2: 0.29mg (17.1%), Magnesium: 59.38mg (14.85%), Vitamin B12: 0.83µg (13.88%), Vitamin B1: 0.17mg (11.14%), Vitamin E: 1.54mg (10.23%), Fiber: 2.41g (9.63%), Calcium: 95.89mg (9.59%), Copper: 0.19mg (9.26%), Folate: 26.19µg (6.55%), Vitamin A: 279.31IU (5.59%), Vitamin C: 1.76mg (2.13%), Vitamin D: 0.15µg (1.01%)