



Fabienne's Barbecued 'Papcinna' Drumsticks



Gluten Free



Dairy Free

READY IN



538 min.

SERVINGS



4

CALORIES



370 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 tablespoon basil
- ☐ 1 teaspoon celery salt
- ☐ 8 skin-on chicken drumsticks
- ☐ 2 tablespoons cider vinegar
- ☐ 0.5 teaspoon ground cinnamon
- ☐ 1 teaspoon ground mustard
- ☐ 0.3 cup olive oil
- ☐ 1 tablespoon paprika

☐ 0.3 teaspoon pepper flakes red

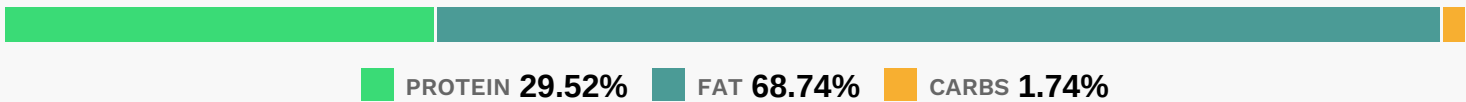
Equipment

- ☐ bowl
- ☐ sauce pan
- ☐ whisk
- ☐ grill
- ☐ kitchen thermometer
- ☐ ziploc bags

Directions

- ☐ Whisk olive oil, cider vinegar, paprika, basil, celery salt, mustard powder, cinnamon, and red pepper flakes together in a bowl; pour into a resealable plastic bag.
- ☐ Add drumsticks, coat with the marinade, squeeze excess air from bag, and seal. Marinate in the refrigerator, 8 hours to overnight.
- ☐ Preheat grill for medium heat and lightly oil the grate.
- ☐ Remove drumsticks from marinade and shake to remove excess moisture.
- ☐ Pour marinade into a small saucepan and bring to a boil. Reduce heat to medium-low and simmer for 10 minutes; set aside.
- ☐ Cook drumsticks on preheated grill, basting frequently with heated marinade and turning 1/4 turn every 12 minutes, until no longer pink at the bone and the juices run clear, about 48 minutes total. An instant-read thermometer inserted near the bone should read 165 degrees F (74 degrees C).

Nutrition Facts



Properties

Glycemic Index:32.5, Glycemic Load:0.09, Inflammation Score:-6, Nutrition Score:13.656521550987%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg

Nutrients (% of daily need)

Calories: 370.23kcal (18.51%), Fat: 28g (43.07%), Saturated Fat: 5.62g (35.15%), Carbohydrates: 1.6g (0.53%), Net Carbohydrates: 0.74g (0.27%), Sugar: 0.26g (0.29%), Cholesterol: 139.31mg (46.44%), Sodium: 742.84mg (32.3%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 27.06g (54.11%), Selenium: 30.57µg (43.67%), Vitamin B3: 7.55mg (37.73%), Vitamin B6: 0.55mg (27.3%), Phosphorus: 262.41mg (26.24%), Zinc: 3.03mg (20.21%), Vitamin A: 995.93IU (19.92%), Vitamin E: 2.82mg (18.83%), Vitamin B2: 0.28mg (16.32%), Vitamin B5: 1.62mg (16.17%), Vitamin K: 15.63µg (14.89%), Vitamin B12: 0.83µg (13.88%), Potassium: 391.98mg (11.2%), Magnesium: 36.3mg (9.07%), Vitamin B1: 0.13mg (8.87%), Iron: 1.52mg (8.47%), Manganese: 0.14mg (6.88%), Copper: 0.11mg (5.66%), Fiber: 0.86g (3.42%), Calcium: 25.3mg (2.53%), Folate: 6.6µg (1.65%), Vitamin D: 0.15µg (1.01%)