



Fragrant Thai drumsticks



Gluten Free



Dairy Free

READY IN



55 min.

SERVINGS



4

CALORIES



95 kcal

SIDE DISH

Ingredients

- ☐ 2 tbsp chilli sauce sweet
- ☐ 1 orange zest grated
- ☐ 1 garlic clove crushed
- ☐ 1 tbsp thai curry paste red
- ☐ 8 skin-on chicken drumsticks skinless

Equipment

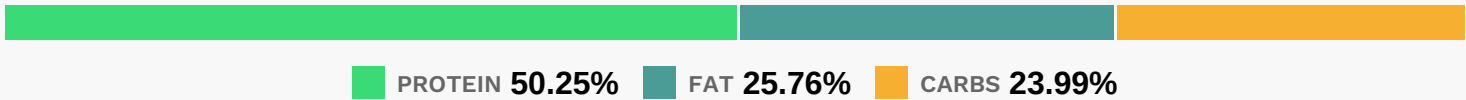
- ☐ bowl
- ☐ oven

- ☐ baking pan
- ☐ aluminum foil

Directions

- ☐ Heat oven to 200C/180C fan/gas 6 and line a baking tray with foil.
- ☐ Mix the chilli sauce with the orange zest and juice, garlic, curry paste and tsp salt.
- ☐ Add the chicken and coat really well.
- ☐ Arrange the drumsticks on the foil, spaced apart. Coat the chicken with any marinade left in the bowl, then roast for 35–40 mins until tender. Wrap in foil or pack into a food container.

Nutrition Facts



Properties

Glycemic Index:7.5, Glycemic Load:0.07, Inflammation Score:-4, Nutrition Score:5.5391304933507%

Flavonoids

Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

Nutrients (% of daily need)

Calories: 95.22kcal (4.76%), Fat: 2.64g (4.06%), Saturated Fat: 0.68g (4.27%), Carbohydrates: 5.53g (1.84%), Net Carbohydrates: 5.01g (1.82%), Sugar: 4.34g (4.82%), Cholesterol: 54.29mg (18.1%), Sodium: 152.84mg (6.65%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 11.58g (23.16%), Selenium: 12.74µg (18.2%), Vitamin B3: 3.16mg (15.82%), Vitamin A: 616.56IU (12.33%), Vitamin B6: 0.24mg (11.77%), Phosphorus: 108.54mg (10.85%), Zinc: 1.29mg (8.63%), Vitamin B2: 0.12mg (6.84%), Vitamin B5: 0.68mg (6.83%), Vitamin C: 4.63mg (5.61%), Vitamin B12: 0.33µg (5.43%), Potassium: 154.14mg (4.4%), Vitamin B1: 0.06mg (3.84%), Magnesium: 13.51mg (3.38%), Iron: 0.54mg (2.99%), Copper: 0.04mg (2.21%), Fiber: 0.52g (2.09%), Calcium: 17.47mg (1.75%), Vitamin K: 1.76µg (1.68%), Manganese: 0.02mg (1.14%)