



Game-Winning Drumsticks

 Dairy Free

READY IN



310 min.

SERVINGS



6

CALORIES



364 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 15 skin-on chicken drumsticks
- 1.8 cups chicken stock see swanson®
- 0.3 cup italian-seasoned bread crumbs dry
- 0.5 cup mustard dijon-style

Equipment

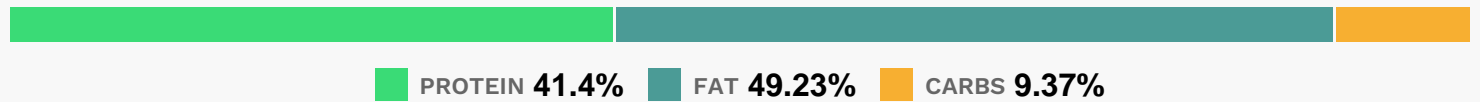
- bowl
- frying pan
- oven

aluminum foil

Directions

- Place the chicken in a single layer into a 15x10-inch disposable foil pan.
- Stir the stock and mustard in a small bowl.
- Pour the stock mixture over the chicken and turn to coat.
- Sprinkle the bread crumbs over the chicken. Cover the pan and refrigerate for 4 hours.
- Bake at 375 degrees F for 1 hour or until the chicken is cooked through.
- Serve hot or at room temperature.

Nutrition Facts



Properties

Glycemic Index:5.33, Glycemic Load:0.07, Inflammation Score:-3, Nutrition Score:16.883478061013%

Nutrients (% of daily need)

Calories: 364.34kcal (18.22%), Fat: 19.49g (29.99%), Saturated Fat: 5.01g (31.29%), Carbohydrates: 8.35g (2.78%), Net Carbohydrates: 7.13g (2.59%), Sugar: 1.78g (1.98%), Cholesterol: 176.3mg (58.77%), Sodium: 614.26mg (26.71%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 36.88g (73.76%), Selenium: 46.96µg (67.09%), Vitamin B3: 10.79mg (53.94%), Phosphorus: 367.31mg (36.73%), Vitamin B6: 0.7mg (34.84%), Zinc: 3.96mg (26.4%), Vitamin B2: 0.42mg (24.53%), Vitamin B5: 2.06mg (20.61%), Vitamin B1: 0.28mg (18.74%), Vitamin B12: 1.06µg (17.74%), Potassium: 542.11mg (15.49%), Magnesium: 53.68mg (13.42%), Iron: 2mg (11.1%), Copper: 0.18mg (9.24%), Manganese: 0.18mg (9.22%), Vitamin K: 8.25µg (7.86%), Fiber: 1.22g (4.88%), Folate: 18.56µg (4.64%), Calcium: 46.23mg (4.62%), Vitamin E: 0.47mg (3.14%), Vitamin A: 116.77IU (2.34%), Vitamin D: 0.19µg (1.26%)