



Garlic, Lemon, and Herb Rubbed Legs

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

READY IN



157 min.

SERVINGS



4

CALORIES



359 kcal

SEASONING

MARINADE

Ingredients

- 0.3 cup canola oil for grate
- 1.5 pounds skin-on chicken drumsticks
- 2 tablespoons basil leaves fresh chopped
- 2 tablespoons parsley leaves fresh chopped
- 2 tablespoons rosemary leaves fresh chopped
- 1 tablespoon garlic chopped
- 2 tablespoons grill seasoning
- 2 tablespoons juice of lemon

Equipment

- bowl
- grill
- grill pan

Directions

- In a medium bowl stir together all ingredients except the chicken. Reserve 2 tablespoons of the mixture for the grilled flat bread.
- Add the chicken to the bowl, and toss with herb mixture so that all pieces are well coated. Cover and place in refrigerator for at least 2 hours and as long as overnight.
- Heat a grill or grill pan over medium heat. Be sure to oil grate when ready to start cooking.
- Let chicken stand at room temperature for 20 to 30 minutes before grilling.
- Place chicken on hot, oiled grill and cook for a total of 18 to 20 minutes giving it a quarter turn every 4 to 5 minutes.
- Transfer chicken to a platter and let rest for 5 minutes before serving.

Nutrition Facts

 **PROTEIN 22.82%**  **FAT 73.87%**  **CARBS 3.31%**

Properties

Glycemic Index:33, Glycemic Load:0.21, Inflammation Score:-5, Nutrition Score:13.746086794397%

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: 0.35mg, Naringenin: 0.35mg, Naringenin: 0.35mg, Naringenin: 0.35mg Apigenin: 4.31mg, Apigenin: 4.31mg, Apigenin: 4.31mg, Apigenin: 4.31mg Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg Myricetin: 0.33mg, Myricetin: 0.33mg, Myricetin: 0.33mg, Myricetin: 0.33mg Quercetin: 0.07mg, Quercetin: 0.07mg, Quercetin: 0.07mg, Quercetin: 0.07mg

Nutrients (% of daily need)

Calories: 359.25kcal (17.96%), Fat: 29.51g (45.41%), Saturated Fat: 4.27g (26.68%), Carbohydrates: 2.98g (0.99%), Net Carbohydrates: 2.46g (0.9%), Sugar: 0.29g (0.32%), Cholesterol: 104.85mg (34.95%), Sodium: 120.9mg

(5.26%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 20.52g (41.03%), Vitamin K: 69.25µg (65.95%), Selenium: 22.55µg (32.21%), Vitamin B3: 5.64mg (28.19%), Vitamin E: 3.55mg (23.64%), Vitamin B6: 0.44mg (21.99%), Phosphorus: 198.64mg (19.86%), Zinc: 2.32mg (15.44%), Vitamin B5: 1.22mg (12.18%), Vitamin B2: 0.2mg (11.87%), Manganese: 0.22mg (10.76%), Vitamin B12: 0.63µg (10.45%), Iron: 1.69mg (9.37%), Potassium: 304.28mg (8.69%), Vitamin C: 6.82mg (8.27%), Magnesium: 30.77mg (7.69%), Vitamin A: 356.16IU (7.12%), Vitamin B1: 0.11mg (7.05%), Copper: 0.1mg (5.17%), Calcium: 43.09mg (4.31%), Folate: 12.55µg (3.14%), Fiber: 0.51g (2.05%)