



Grilled Asian Chicken Drumsticks



Gluten Free



Dairy Free

READY IN



70 min.

SERVINGS



4

CALORIES



220 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1.5 lb skin-on chicken drumsticks
- ☐ 1 teaspoon dijon mustard
- ☐ 2 cloves garlic finely chopped
- ☐ 0.1 teaspoon ground pepper red (cayenne)
- ☐ 0.3 teaspoon salt
- ☐ 2 tablespoons soya sauce
- ☐ 1 tablespoon vegetable oil

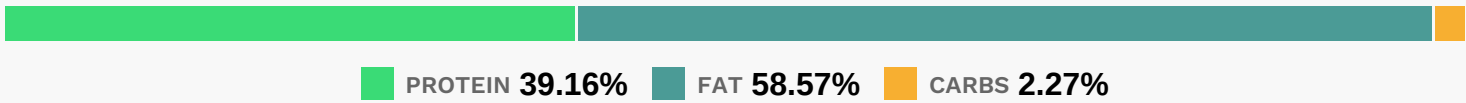
Equipment

- ☐ bowl
- ☐ grill

Directions

- ☐ Heat gas or charcoal grill. In small bowl, mix all ingredients except chicken; brush mixture over chicken.
- ☐ Place chicken, bone sides down, on grill over medium heat. Cover grill; cook 15 to 20 minutes. Turn chicken. Cover grill; cook 20 to 40 minutes longer, turning 2 or 3 times, until juice of chicken is clear when thickest part is cut to bone (180F).

Nutrition Facts



Properties

Glycemic Index:27.25, Glycemic Load:0.21, Inflammation Score:-1, Nutrition Score:9.0734782296678%

Flavonoids

Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg

Nutrients (% of daily need)

Calories: 219.86kcal (10.99%), Fat: 14.06g (21.63%), Saturated Fat: 3.32g (20.74%), Carbohydrates: 1.22g (0.41%), Net Carbohydrates: 1.05g (0.38%), Sugar: 0.19g (0.21%), Cholesterol: 104.85mg (34.95%), Sodium: 780.63mg (33.94%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 21.15g (42.3%), Selenium: 22.83µg (32.61%), Vitamin B3: 5.89mg (29.46%), Vitamin B6: 0.42mg (20.87%), Phosphorus: 204.71mg (20.47%), Zinc: 2.25mg (15.03%), Vitamin B5: 1.22mg (12.25%), Vitamin B2: 0.21mg (12.18%), Vitamin B12: 0.63µg (10.45%), Vitamin K: 9.2µg (8.76%), Potassium: 282.4mg (8.07%), Vitamin B1: 0.1mg (6.88%), Magnesium: 27.47mg (6.87%), Iron: 0.98mg (5.47%), Manganese: 0.1mg (4.81%), Copper: 0.09mg (4.37%), Vitamin E: 0.52mg (3.46%), Calcium: 16.88mg (1.69%), Vitamin A: 79.45IU (1.59%), Folate: 5.24µg (1.31%)