



Grilled Asian Drumsticks

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

READY IN



24 min.

SERVINGS



4

CALORIES



309 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 3 tablespoons balsamic vinegar
- 2 pounds skin-on chicken drumsticks
- 3 tablespoons honey
- 3 tablespoons soy sauce low-sodium
- 2 teaspoons chili paste depending on your taste pref fresh (ground chile paste)

Equipment

- bowl
- frying pan

- sauce pan
- whisk
- grill

Directions

- Preheat grill.
- Coat chicken and grill rack with cooking spray. Grill chicken 20 minutes or until done, turning once.
- While chicken grills, combine vinegar and remaining ingredients in a medium saucepan, stirring with a whisk. Bring to a boil; cook 4 minutes or until reduced to 1/3 cup.
- Transfer chicken to a large bowl or pan.
- Pour sauce over chicken, turning to coat.

Nutrition Facts



Properties

Glycemic Index:25.57, Glycemic Load:7.79, Inflammation Score:-2, Nutrition Score:11.523912971434%

Nutrients (% of daily need)

Calories: 309.49kcal (15.47%), Fat: 14.16g (21.78%), Saturated Fat: 3.73g (23.3%), Carbohydrates: 16.58g (5.53%), Net Carbohydrates: 16.45g (5.98%), Sugar: 15.01g (16.68%), Cholesterol: 139.8mg (46.6%), Sodium: 593.92mg (25.82%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 27.98g (55.97%), Selenium: 29.69µg (42.42%), Vitamin B3: 7.55mg (37.73%), Phosphorus: 276.37mg (27.64%), Vitamin B6: 0.53mg (26.57%), Zinc: 3.06mg (20.4%), Vitamin B2: 0.29mg (17.08%), Vitamin B5: 1.62mg (16.2%), Vitamin B12: 0.84µg (13.93%), Potassium: 411.98mg (11.77%), Magnesium: 40.73mg (10.18%), Vitamin B1: 0.13mg (8.68%), Iron: 1.29mg (7.18%), Copper: 0.11mg (5.53%), Manganese: 0.1mg (5.25%), Vitamin K: 3.83µg (3.65%), Folate: 10.4µg (2.6%), Calcium: 23.48mg (2.35%), Vitamin E: 0.34mg (2.29%), Vitamin A: 74.87IU (1.5%), Vitamin D: 0.15µg (1.01%)