



Grilled Firecracker Chicken Drumsticks

 Gluten Free

READY IN



95 min.

SERVINGS



20

CALORIES



60 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 2 tablespoons chili powder
- 1.5 teaspoons oregano dried
- 1.3 teaspoons ground pepper red (cayenne)
- 1 teaspoon garlic salt
- 1 teaspoon ground cumin
- 1 teaspoon pepper
- 2 lb chicken wings
- 1 serving cream sour

1 serving paprika

Equipment

grill

ziploc bags

wok

Directions

- In 1-gallon resealable food-storage plastic bag, place all ingredients except chicken, sour cream and paprika. Seal bag; shake to blend seasonings.
- Add chicken; seal bag and shake until chicken is coated with seasonings. Refrigerate at least 1 hour to marinate but no longer than 24 hours.
- Heat gas or charcoal grill.
- Place chicken in grill basket (grill "wok").
- Place basket on grill over medium heat. Cover grill; cook 20 to 25 minutes, shaking basket to turn chicken after 10 minutes, until juice of chicken is clear when thickest part is cut to bone (180°F).
- Serve chicken with sour cream sprinkled with paprika.

Nutrition Facts

 **PROTEIN 31.4%** **FAT 63.49%** **CARBS 5.11%**

Properties

Glycemic Index:4.45, Glycemic Load:0.03, Inflammation Score:-4, Nutrition Score:2.5378260845723%

Nutrients (% of daily need)

Calories: 59.52kcal (2.98%), Fat: 4.21g (6.48%), Saturated Fat: 1.19g (7.43%), Carbohydrates: 0.76g (0.25%), Net Carbohydrates: 0.31g (0.11%), Sugar: 0.11g (0.12%), Cholesterol: 19.21mg (6.4%), Sodium: 147.79mg (6.43%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 4.68g (9.37%), Vitamin B3: 1.58mg (7.89%), Vitamin A: 382.58IU (7.65%), Selenium: 4.02µg (5.74%), Vitamin B6: 0.11mg (5.51%), Phosphorus: 36.75mg (3.67%), Vitamin E: 0.48mg (3.19%), Iron: 0.53mg (2.97%), Zinc: 0.38mg (2.53%), Manganese: 0.05mg (2.3%), Vitamin K: 2.14µg (2.04%), Vitamin B5: 0.2mg (2.02%), Vitamin B2: 0.03mg (1.99%), Potassium: 64.39mg (1.84%), Fiber: 0.45g (1.79%), Magnesium: 6.97mg (1.74%), Vitamin B12: 0.08µg (1.33%), Copper: 0.02mg (1.13%), Vitamin B1: 0.02mg (1.04%), Calcium: 10.44mg (1.04%)