



Grilled Herbed Chicken Drumettes With White Barbecue Sauce



Gluten Free



Dairy Free

READY IN



15 min.

SERVINGS



12

CALORIES



237 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 12 servings barbecue sauce white
- ☐ 5 pounds chicken drumettes
- ☐ 1 tablespoon thyme dried
- ☐ 12 servings spring onion
- ☐ 1 tablespoon ground cumin
- ☐ 1 teaspoon onion powder
- ☐ 1 tablespoon oregano dried

- ☐ 1 tablespoon paprika
- ☐ 0.5 teaspoon pepper
- ☐ 1 teaspoon salt

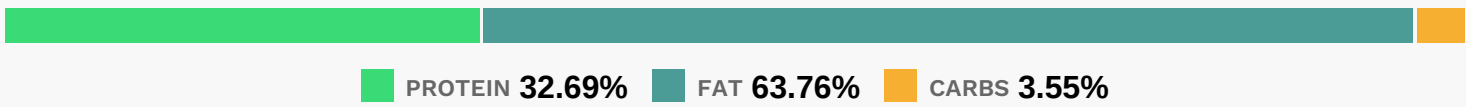
Equipment

- ☐ grill

Directions

- ☐ Combine first 7 ingredients. Rinse chicken, and pat dry; rub mixture over chicken.
- ☐ Place chicken in a zip-top plastic freezer bag. Seal bag, and chill 4 to 24 hours.
- ☐ Remove chicken from bag, discarding bag.
- ☐ Preheat grill to 350 to 400 (medium-high) heat. Grill chicken, covered with grill lid, 20 to 25 minutes or until done, turning once.
- ☐ Garnish, if desired.
- ☐ Serve with White Barbecue Sauce.
- ☐ Grilled Herbed Chicken Drumsticks: Substitute 10 to 12 drumsticks for drumettes. Proceed with recipe as directed, increasing grilling time to 25 to 30 minutes or until done, turning once. Makes 10-12 drumsticks. Prep: 15 min., Chill: 4 hr., Grill: 30 min.

Nutrition Facts



Properties

Glycemic Index:7.42, Glycemic Load:0.13, Inflammation Score:-7, Nutrition Score:8.7691305901693%

Flavonoids

Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg Quercetin: 0.64mg, Quercetin: 0.64mg, Quercetin: 0.64mg, Quercetin: 0.64mg

Nutrients (% of daily need)

Calories: 236.53kcal (11.83%), Fat: 16.55g (25.46%), Saturated Fat: 4.61g (28.82%), Carbohydrates: 2.07g (0.69%), Net Carbohydrates: 1.3g (0.47%), Sugar: 0.58g (0.64%), Cholesterol: 78.58mg (26.19%), Sodium: 281.22mg (12.23%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 19.09g (38.18%), Vitamin B3: 6.2mg (31.02%), Selenium: 15.99µg

(22.85%), Vitamin K: 21.38µg (20.36%), Vitamin B6: 0.38mg (19.2%), Phosphorus: 143.42mg (14.34%), Iron: 2.1mg (11.67%), Vitamin A: 525.96IU (10.52%), Zinc: 1.47mg (9.81%), Vitamin B5: 0.81mg (8.09%), Vitamin B2: 0.11mg (6.34%), Magnesium: 24.76mg (6.19%), Potassium: 211.08mg (6.03%), Manganese: 0.12mg (5.77%), Vitamin B12: 0.33µg (5.44%), Vitamin E: 0.64mg (4.24%), Vitamin B1: 0.06mg (4.06%), Calcium: 36.97mg (3.7%), Copper: 0.06mg (3.19%), Fiber: 0.77g (3.07%), Folate: 10.3µg (2.57%), Vitamin C: 2.11mg (2.55%)