



Grilled Herbed Chicken Drumsticks With White Barbecue Sauce



Gluten Free



Dairy Free

READY IN



15 min.

SERVINGS



15

CALORIES



89 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 15 servings barbecue sauce white
- ☐ 10 skin-on chicken drumsticks
- ☐ 1 tablespoon thyme leaves dried
- ☐ 15 servings garnish: green onion curls
- ☐ 1 tablespoon ground cumin
- ☐ 1 teaspoon onion powder
- ☐ 1 tablespoon oregano dried

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

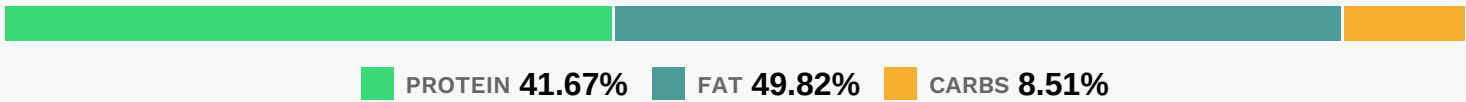
Equipment

- ☐ 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, 25 to 30 minutes or until done, turning once.
- ☐ Garnish, if desired.
- ☐ Serve with White Barbecue Sauce.

Nutrition Facts



Properties

Glycemic Index:5.93, Glycemic Load:0.12, Inflammation Score:-6, Nutrition Score:5.7526086970516%

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: 88.95kcal (4.45%), Fat: 4.89g (7.53%), Saturated Fat: 1.27g (7.93%), Carbohydrates: 1.88g (0.63%), Net Carbohydrates: 1.23g (0.45%), Sugar: 0.56g (0.62%), Cholesterol: 46.44mg (15.48%), Sodium: 220.11mg (9.57%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 9.21g (18.42%), Vitamin K: 20.86µg (19.86%), Selenium: 9.94µg (14.2%), Vitamin B3: 2.57mg (12.87%), Vitamin B6: 0.19mg (9.49%), Phosphorus: 91.23mg (9.12%), Zinc: 1.07mg (7.1%), Iron: 1.24mg (6.9%), Vitamin A: 336.38IU (6.73%), Vitamin B2: 0.1mg (5.87%), Vitamin B5: 0.54mg (5.45%), Vitamin B12: 0.28µg (4.63%), Potassium: 157.83mg (4.51%), Manganese: 0.09mg (4.42%), Magnesium: 15.47mg (3.87%), Vitamin B1: 0.05mg (3.41%), Fiber: 0.65g (2.59%), Calcium: 25.76mg (2.58%), Copper: 0.05mg (2.47%), Vitamin E:

0.37mg (2.45%), Folate: 7.26µg (1.82%), Vitamin C: 1.34mg (1.63%)