



Grilled Lemon-Oregano Chicken Drumsticks



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



6

CALORIES



188 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 8 skin-on chicken drumsticks
- ☐ 1.5 teaspoons kosher salt
- ☐ 2 garlic clove pressed
- ☐ 2 tablespoons juice of lemon fresh
- ☐ 1 teaspoon lemon zest finely grated
- ☐ 1 tablespoon olive oil extra virgin extra-virgin
- ☐ 2 tablespoons oregano fresh coarsely chopped

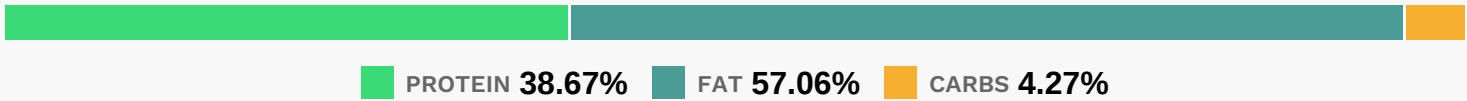
Equipment

- ☐ bowl
- ☐ whisk
- ☐ grill
- ☐ ziploc bags

Directions

- ☐ Whisk first 6 ingredients in small bowl. Season to taste with freshly ground black pepper.
- ☐ Pour marinade into 1-gallon resealable plastic bag; add chicken and seal. Turn bag to coat chicken. Marinate at room temperature 30 minutes or in refrigerator up to 2 days, turning occasionally.
- ☐ Prepare barbecue (medium-high heat).
- ☐ Place chicken, with some marinade still clinging, on grill rack; grill chicken until cooked through and golden brown on all sides, turning frequently, about 30 minutes.
- ☐ Transfer to plates and serve.

Nutrition Facts



Properties

Glycemic Index:5.83, Glycemic Load:0.12, Inflammation Score:-8, Nutrition Score:8.8221739141837%

Flavonoids

Eriodictyol: 0.24mg, Eriodictyol: 0.24mg, Eriodictyol: 0.24mg, Eriodictyol: 0.24mg Hesperetin: 0.72mg, Hesperetin: 0.72mg, Hesperetin: 0.72mg, Hesperetin: 0.72mg Naringenin: 0.07mg, Naringenin: 0.07mg, Naringenin: 0.07mg, Naringenin: 0.07mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 0.04mg, Quercetin: 0.04mg, Quercetin: 0.04mg, Quercetin: 0.04mg

Nutrients (% of daily need)

Calories: 188.3kcal (9.41%), Fat: 11.8g (18.15%), Saturated Fat: 2.82g (17.65%), Carbohydrates: 1.99g (0.66%), Net Carbohydrates: 1.21g (0.44%), Sugar: 0.22g (0.24%), Cholesterol: 92.87mg (30.96%), Sodium: 687.06mg (29.87%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 17.99g (35.99%), Selenium: 19.81µg (28.3%), Vitamin B3: 4.97mg (24.87%), Vitamin B6: 0.37mg (18.39%), Phosphorus: 172.01mg (17.2%), Vitamin K: 14.31µg (13.63%), Zinc: 2mg (13.33%), Vitamin B5: 1.07mg (10.73%), Vitamin B2: 0.18mg (10.56%), Vitamin B12: 0.56µg (9.25%), Potassium: 255.95mg (7.31%), Iron: 1.29mg (7.17%), Magnesium: 25.3mg (6.33%), Manganese: 0.12mg (5.96%), Vitamin B1: 0.09mg (5.87%), Vitamin E: 0.84mg (5.61%), Calcium: 39.65mg (3.97%), Copper: 0.08mg (3.83%), Vitamin C:

2.72mg (3.29%), Fiber: 0.78g (3.12%), Folate: 8.05µg (2.01%), Vitamin A: 75.34IU (1.51%)