



## 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 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

**PROTEIN 38.71%** **FAT 57.13%** **CARBS 4.16%**

## Properties

Glycemic Index:5.83, Glycemic Load:0.12, Inflammation Score:-8, Nutrition Score:8.783913101839%

## 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: 188.14kcal (9.41%), Fat: 11.8g (18.15%), Saturated Fat: 2.82g (17.65%), Carbohydrates: 1.94g (0.65%), Net Carbohydrates: 1.19g (0.43%), Sugar: 0.2g (0.23%), Cholesterol: 92.87mg (30.96%), Sodium: 687.04mg (29.87%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 17.99g (35.98%), Selenium: 19.81µg (28.3%), Vitamin B3: 4.97mg (24.86%), Vitamin B6: 0.37mg (18.36%), Phosphorus: 171.97mg (17.2%), Vitamin K: 14.31µg (13.63%), Zinc: 2mg (13.32%), Vitamin B5: 1.07mg (10.72%), Vitamin B2: 0.18mg (10.54%), Vitamin B12: 0.56µg (9.25%), Potassium: 255.41mg (7.3%), Iron: 1.29mg (7.16%), Magnesium: 25.25mg (6.31%), Manganese: 0.12mg (5.96%), Vitamin B1: 0.09mg (5.86%), Vitamin E: 0.84mg (5.6%), Calcium: 39.2mg (3.92%), Copper: 0.08mg (3.82%), Fiber: 0.74g (2.98%), Vitamin C: 2.29mg (2.77%), Folate: 8.01µg (2%), Vitamin A: 75.18IU (1.5%)