



Grilled Seasoned Chicken Drumsticks

 Gluten Free

READY IN



35 min.

SERVINGS



20

CALORIES



73 kcal

SEASONING

MARINADE

Ingredients

- 2 cups yogurt plain yoplait® (from 32 oz container)
- 2 tablespoons curry powder
- 1 tablespoon paprika
- 1 teaspoon garlic salt
- 2 lb chicken drumettes
- 0.3 cup cucumber shredded peeled
- 1 clove garlic finely chopped
- 0.5 teaspoon salt

- 0.5 teaspoon juice of lemon
- 2 tablespoons mint leaves fresh chopped

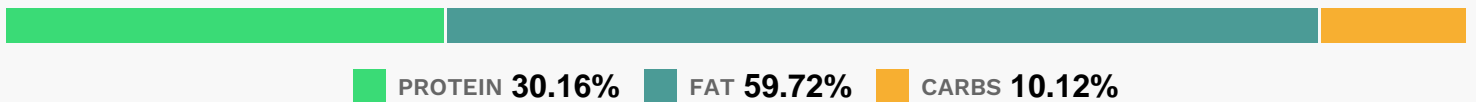
Equipment

- bowl
- grill

Directions

- Heat gas or charcoal grill. In large bowl, mix 1/2 cup of the yogurt, the curry powder, paprika and garlic salt.
- Add chicken, stirring to coat all surfaces.
- Let stand 15 minutes.
- Meanwhile, in small bowl, mix remaining yogurt and remaining ingredients.
- Place chicken on grill. Cover grill; cook over medium heat 8 to 12 minutes, turning once or twice, until juice of chicken is clear when thickest part is cut to bone (180°F).
- Serve with yogurt dip.
- Sprinkle dip with additional chopped fresh mint leaves if desired.

Nutrition Facts



Properties

Glycemic Index:4.2, Glycemic Load:0.25, Inflammation Score:-2, Nutrition Score:2.9573912788992%

Flavonoids

Eriodictyol: 0.16mg, Eriodictyol: 0.16mg, Eriodictyol: 0.16mg, Eriodictyol: 0.16mg Hesperetin: 0.07mg, Hesperetin: 0.07mg, Hesperetin: 0.07mg, Hesperetin: 0.07mg Apigenin: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg

Nutrients (% of daily need)

Calories: 73.06kcal (3.65%), Fat: 4.84g (7.45%), Saturated Fat: 1.63g (10.21%), Carbohydrates: 1.85g (0.62%), Net Carbohydrates: 1.47g (0.54%), Sugar: 1.22g (1.36%), Cholesterol: 22.05mg (7.35%), Sodium: 204.33mg (8.88%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 5.5g (11.01%), Vitamin B3: 1.54mg (7.68%), Selenium: 4.48µg

(6.41%), Phosphorus: 59.75mg (5.98%), Vitamin B6: 0.11mg (5.57%), Vitamin A: 261.02IU (5.22%), Calcium: 38.09mg (3.81%), Vitamin B2: 0.06mg (3.78%), Zinc: 0.52mg (3.47%), Vitamin B5: 0.3mg (2.98%), Iron: 0.53mg (2.94%), Potassium: 99.3mg (2.84%), Vitamin B12: 0.17µg (2.82%), Magnesium: 10.14mg (2.54%), Manganese: 0.05mg (2.34%), Vitamin E: 0.32mg (2.15%), Vitamin B1: 0.02mg (1.52%), Fiber: 0.38g (1.51%), Folate: 4.62µg (1.16%), Copper: 0.02mg (1.15%)