



## Grilled Seasoned Chicken Drumsticks

 Gluten Free

READY IN



35 min.

SERVINGS



20

CALORIES



73 kcal

SEASONING

MARINADE

### Ingredients

- 2 lb chicken drumettes
- 0.3 cup cucumber shredded peeled
- 2 tablespoons curry powder
- 2 tablespoons mint leaves fresh chopped
- 1 clove garlic finely chopped
- 1 teaspoon garlic salt
- 0.5 teaspoon juice of lemon
- 1 tablespoon paprika

2 cups yogurt plain yoplait® (from 32 oz container)

0.5 teaspoon salt

## 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 (180F).

Serve with yogurt dip.

Sprinkle dip with additional chopped fresh mint leaves if desired.

## Nutrition Facts

  
PROTEIN 30.16% FAT 59.72% CARBS 10.12%

## 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%)