



Honey-Molasses Chicken Drumsticks



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



6

CALORIES



172 kcal

SIDE DISH

Ingredients

- ☐ 2 tablespoons balsamic vinegar
- ☐ 0.3 teaspoon pepper black freshly ground
- ☐ 1 tablespoon brown sugar
- ☐ 6 skin-on chicken drumsticks
- ☐ 1 tablespoon dijon mustard
- ☐ 1 teaspoon garlic minced
- ☐ 2 tablespoons honey
- ☐ 0.5 teaspoon kosher salt

- ☐ 1 tablespoon blackstrap molasses
- ☐ 1 teaspoon olive oil
- ☐ 2 tablespoons water

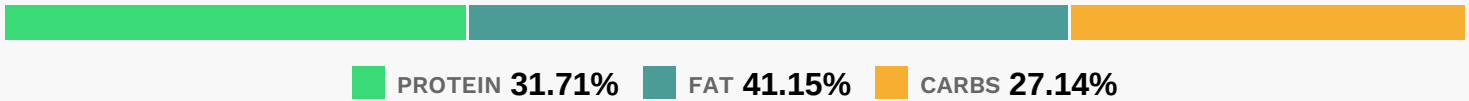
Equipment

- ☐ frying pan
- ☐ whisk

Directions

- ☐ Combine first 7 ingredients, stirring with a whisk.
- ☐ Heat oil in a large nonstick skillet over medium-high heat.
- ☐ Sprinkle the chicken with salt and pepper.
- ☐ Add chicken to pan, browning on all sides.
- ☐ Add honey mixture to pan, turning chicken to coat. Reduce heat to medium-low. Cover and cook 15 minutes or until chicken is done, turning chicken every 5 minutes. Uncover and cook an additional 1 minute or until mixture is thick and a mahogany color, and chicken is well coated.
- ☐ Remove from heat; cool 15 minutes. Cover and chill.

Nutrition Facts



Properties

Glycemic Index:40.05, Glycemic Load:4.62, Inflammation Score:-1, Nutrition Score:6.1852174809446%

Flavonoids

Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

Nutrients (% of daily need)

Calories: 171.99kcal (8.6%), Fat: 7.79g (11.99%), Saturated Fat: 1.96g (12.22%), Carbohydrates: 11.56g (3.85%), Net Carbohydrates: 11.41g (4.15%), Sugar: 11.02g (12.24%), Cholesterol: 69.65mg (23.22%), Sodium: 303.69mg (13.2%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 13.51g (27.03%), Selenium: 16.29µg (23.27%), Vitamin B3: 3.72mg

(18.61%), Vitamin B6: 0.28mg (14.22%), Phosphorus: 131.68mg (13.17%), Zinc: 1.51mg (10.05%), Vitamin B5: 0.83mg (8.29%), Vitamin B2: 0.13mg (7.74%), Vitamin B12: 0.42µg (6.94%), Potassium: 236.68mg (6.76%), Magnesium: 25.69mg (6.42%), Manganese: 0.11mg (5.38%), Vitamin B1: 0.07mg (4.57%), Iron: 0.78mg (4.32%), Copper: 0.07mg (3.63%), Vitamin K: 2.48µg (2.36%), Calcium: 21.05mg (2.11%), Vitamin E: 0.25mg (1.67%)