



Hungry Man's Baked Chicken

 **Gluten Free**  **Dairy Free**

READY IN



45 min.

SERVINGS



2

CALORIES



283 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 4 skin-on chicken drumsticks
- 0.5 tablespoon garlic crushed
- 1 teaspoon ground allspice
- 2 tablespoons pepper black
- 1 onion cut into 1-inch cubes
- 2 tablespoons salt

Equipment

- baking sheet

- oven
- knife
- aluminum foil

Directions

- Preheat oven to 375 to 400 degrees F (190 to 200 degrees C).
- With a knife make small cuts in the sides of the chicken parts; then season chicken with salt, pepper, herbs and spices to taste.
- Cover a cookie sheet with aluminum foil.
- Place chicken on cookie sheet and cover chicken with more aluminum foil. Pierce foil cover with fork to make many small holes.
- Bake in the preheated oven for 35 to 40 minutes. Then open foil cover and place onion between chicken pieces and garlic on top.
- Bake for another 10 minutes and serve. Enjoy!

Nutrition Facts

PROTEIN 39.5% **FAT 45.67%** **CARBS 14.83%**

Properties

Glycemic Index:52, Glycemic Load:2.14, Inflammation Score:-4, Nutrition Score:15.654347813648%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 2.76mg, Isorhamnetin: 2.76mg, Isorhamnetin: 2.76mg, Isorhamnetin: 2.76mg Kaempferol: 0.36mg, Kaempferol: 0.36mg, Kaempferol: 0.36mg, Kaempferol: 0.36mg Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg Quercetin: 11.2mg, Quercetin: 11.2mg, Quercetin: 11.2mg, Quercetin: 11.2mg

Nutrients (% of daily need)

Calories: 283.43kcal (14.17%), Fat: 14.41g (22.18%), Saturated Fat: 3.84g (24.02%), Carbohydrates: 10.52g (3.51%), Net Carbohydrates: 7.81g (2.84%), Sugar: 2.39g (2.66%), Cholesterol: 139.31mg (46.44%), Sodium: 7138.43mg (310.37%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 28.05g (56.1%), Manganese: 0.94mg (47.14%), Selenium: 30.27µg (43.25%), Vitamin B3: 7.5mg (37.5%), Vitamin B6: 0.61mg (30.65%), Phosphorus: 280.98mg (28.1%), Zinc: 3.12mg (20.82%), Vitamin B5: 1.73mg (17.29%), Vitamin B2: 0.28mg (16.55%), Potassium: 517.61mg (14.79%), Vitamin B12: 0.83µg (13.88%), Vitamin K: 13.86µg (13.2%), Magnesium: 48.07mg (12.02%), Fiber: 2.71g

(10.84%), Vitamin B1: 0.16mg (10.63%), Copper: 0.21mg (10.53%), Iron: 1.82mg (10.09%), Calcium: 68.92mg (6.89%), Vitamin C: 5.09mg (6.16%), Folate: 16.43µg (4.11%), Vitamin E: 0.36mg (2.42%), Vitamin A: 109.15IU (2.18%), Vitamin D: 0.15µg (1.01%)