



 **16%**
HEALTH SCORE

Lemon-Chicken Drumsticks

 Dairy Free

READY IN



45 min.

SERVINGS



6

CALORIES



496 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 3 pounds skin-on chicken drumsticks
- 2 tablespoons thyme sprigs fresh chopped
- 2 juice of lemon finely grated
- 2 tablespoons olive oil extra virgin extra-virgin
- 6 servings orzo pasta for serving (if desired)
- 2 tablespoons parsley chopped for garnish
- 6 servings pepper black freshly ground to taste

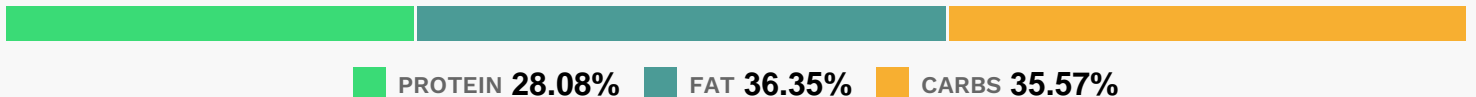
Equipment

- frying pan
- sauce pan
- oven
- broiler

Directions

- Rinse the chicken and pat dry.
- Combine the lemon zest and juice, thyme, olive oil, salt, and pepper in a large bowl.
- Add the drumsticks and toss to coat. Cover and refrigerate for 2 to 4 hours, or overnight.
- Preheat the oven to 375°F.
- Arrange the drumsticks in a shallow roasting dish to fit (use two dishes to avoid crowding).
- Pour any marinade over the chicken and bake, basting occasionally, until the drumsticks are cooked through and golden brown, about 1 1/4 hours.
- If the drumsticks have not browned enough, place them under the broiler, 4 inches from the heat source, for 2 to 3 minutes on each side or until browned, watching carefully.
- Spoon the orzo or rice on a platter and arrange the drumsticks on top.
- Pour the chicken pan juices into a small saucepan and cook over medium-high heat until thickened.
- Pour over the chicken and sprinkle with parsley.
- Serve immediately.
- Per serving (without orzo): 570 calories, 2g carbohydrates, 59g protein, 35g fat, 210mg cholesterol
- Other

Nutrition Facts



Properties

Glycemic Index: 25.17, Glycemic Load: 16.94, Inflammation Score: -9, Nutrition Score: 19.319130234096%

Flavonoids

Eriodictyol: 0.49mg, Eriodictyol: 0.49mg, Eriodictyol: 0.49mg, Eriodictyol: 0.49mg Hesperetin: 1.45mg, Hesperetin: 1.45mg, Hesperetin: 1.45mg, Hesperetin: 1.45mg Naringenin: 0.14mg, Naringenin: 0.14mg, Naringenin: 0.14mg, Naringenin: 0.14mg Apigenin: 2.94mg, Apigenin: 2.94mg, Apigenin: 2.94mg, Apigenin: 2.94mg Luteolin: 1.08mg, Luteolin: 1.08mg, Luteolin: 1.08mg, Luteolin: 1.08mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Myricetin: 0.2mg, Myricetin: 0.2mg, Myricetin: 0.2mg, Myricetin: 0.2mg Quercetin: 0.04mg, Quercetin: 0.04mg, Quercetin: 0.04mg, Quercetin: 0.04mg

Nutrients (% of daily need)

Calories: 495.91kcal (24.8%), Fat: 19.71g (30.32%), Saturated Fat: 4.54g (28.38%), Carbohydrates: 43.39g (14.46%), Net Carbohydrates: 41.17g (14.97%), Sugar: 1.76g (1.95%), Cholesterol: 139.8mg (46.6%), Sodium: 162.56mg (7.07%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 34.25g (68.49%), Selenium: 64.89µg (92.7%), Vitamin B3: 8.37mg (41.86%), Phosphorus: 362.29mg (36.23%), Vitamin B6: 0.6mg (29.91%), Manganese: 0.6mg (29.78%), Vitamin K: 28.69µg (27.33%), Zinc: 3.77mg (25.13%), Vitamin B5: 1.84mg (18.42%), Vitamin B2: 0.3mg (17.73%), Magnesium: 65.24mg (16.31%), Potassium: 497.01mg (14.2%), Vitamin B12: 0.84µg (13.93%), Copper: 0.27mg (13.62%), Iron: 2.22mg (12.33%), Vitamin B1: 0.18mg (11.88%), Vitamin C: 9.38mg (11.37%), Fiber: 2.22g (8.87%), Vitamin E: 1.05mg (6.99%), Vitamin A: 294.22IU (5.88%), Folate: 19.73µg (4.93%), Calcium: 39.33mg (3.93%), Vitamin D: 0.15µg (1.01%)