



Lemon-Garlic Chicken Drumsticks



Gluten Free



Dairy Free

READY IN



90 min.

SERVINGS



8

CALORIES



293 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 3.5 tablespoons garlic finely chopped
- ☐ 0.3 cup juice of lemon
- ☐ 1.5 teaspoons ground cumin
- ☐ 4.5 lb skin-on chicken drumsticks
- ☐ 3 optional: lemon
- ☐ 0.3 cup parsley fresh chopped

Equipment

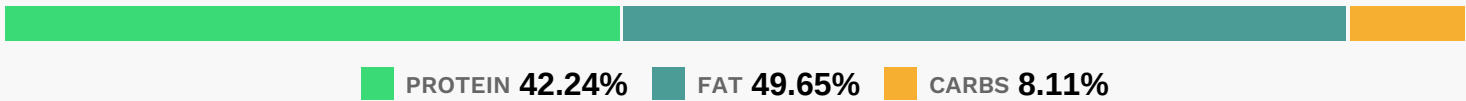
- ☐ bowl

- ☐ oven
- ☐ baking pan
- ☐ aluminum foil
- ☐ ziploc bags

Directions

- ☐ Line shallow baking pan with foil; generously spray foil with cooking spray. In small bowl, mix garlic, cumin and lemon juice.
- ☐ Place chicken in large resealable food-storage plastic bag.
- ☐ Add in lemon juice mixture; shake to evenly coat chicken.
- ☐ Let stand at room temperature 30 minutes to marinate.
- ☐ Heat oven to 350°F.
- ☐ Place chicken in baking pan. If desired, cut 1 of the lemons into 8 wedges and place among chicken in pan for extra moisture and aroma during baking. Cover pan with foil.
- ☐ Bake 1 hour. If baking with skin on the chicken, remove foil after baking 1 hour and broil 2 to 5 minutes or until garlic or top of skin turns golden brown.
- ☐ Meanwhile, cut remaining 2 lemons into 8 slices each.
- ☐ Before serving, sprinkle chicken with parsley.
- ☐ Serve each chicken drumstick with 1 lemon slice.

Nutrition Facts



Properties

Glycemic Index:11.56, Glycemic Load:1.02, Inflammation Score:-4, Nutrition Score:16.27260863781%

Flavonoids

Eriodictyol: 9.02mg, Eriodictyol: 9.02mg, Eriodictyol: 9.02mg, Eriodictyol: 9.02mg Hesperetin: 12.4mg, Hesperetin: 12.4mg, Hesperetin: 12.4mg, Hesperetin: 12.4mg Naringenin: 0.33mg, Naringenin: 0.33mg, Naringenin: 0.33mg, Naringenin: 0.33mg Apigenin: 4.04mg, Apigenin: 4.04mg, Apigenin: 4.04mg, Apigenin: 4.04mg Luteolin: 0.79mg, Luteolin: 0.79mg, Luteolin: 0.79mg, Luteolin: 0.79mg Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg Myricetin: 0.54mg, Myricetin: 0.54mg, Myricetin: 0.54mg, Myricetin: 0.54mg

Quercetin: 0.56mg, Quercetin: 0.56mg, Quercetin: 0.56mg, Quercetin: 0.56mg

Nutrients (% of daily need)

Calories: 292.53kcal (14.63%), Fat: 16.14g (24.83%), Saturated Fat: 4.22g (26.37%), Carbohydrates: 5.93g (1.98%), Net Carbohydrates: 4.6g (1.67%), Sugar: 1.26g (1.4%), Cholesterol: 157.27mg (52.42%), Sodium: 180.95mg (7.87%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 30.89g (61.77%), Selenium: 33.85µg (48.36%), Vitamin B3: 8.38mg (41.91%), Vitamin C: 28.03mg (33.98%), Vitamin K: 35.1µg (33.43%), Vitamin B6: 0.65mg (32.51%), Phosphorus: 299.18mg (29.92%), Zinc: 3.39mg (22.59%), Vitamin B5: 1.88mg (18.83%), Vitamin B2: 0.3mg (17.74%), Vitamin B12: 0.94µg (15.67%), Potassium: 476.08mg (13.6%), Vitamin B1: 0.17mg (11.16%), Magnesium: 41.07mg (10.27%), Iron: 1.75mg (9.73%), Copper: 0.14mg (6.85%), Manganese: 0.12mg (5.81%), Fiber: 1.33g (5.33%), Vitamin A: 251.03IU (5.02%), Calcium: 40.5mg (4.05%), Folate: 14.1µg (3.53%), Vitamin E: 0.43mg (2.84%), Vitamin D: 0.17µg (1.14%)