



Lemon-Pepper Drummers

 Gluten Free

READY IN



30 min.

SERVINGS



4

CALORIES



396 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 4 tablespoons butter divided
- 8 large skin-on chicken drumsticks
- 0.3 cup chives finely chopped
- 0.3 cup parsley fresh chopped
- 6 cloves garlic grated
- 4 servings ground thyme
- 2 juice of lemon juiced
- 4 servings kosher salt

- 1 lemon zest
- 1 tablespoon olive oil extra-virgin
- 1 tablespoon cracked pepper black

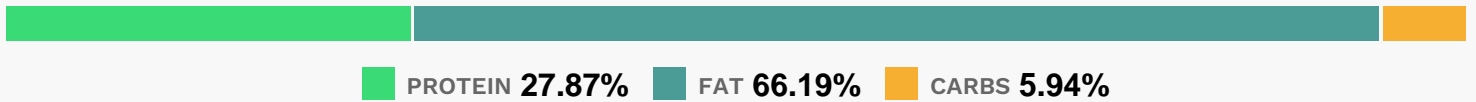
Equipment

- frying pan

Directions

- Heat the extra-virgin olive oil and 2 tablespoons butter over medium-high heat in a large pan with a cover. When the butter foams, add the drumsticks and season with salt and poultry seasoning. Shake the pan and brown the chicken on all sides. Cover the pan and reduce the heat a bit. Cook for 20 minutes to cook through.
- Remove the drumsticks to a platter and add the remaining butter to the pan to melt.
- Add the garlic and pepper, stir for 2 minutes, and then add the lemon zest and juice. Swirl to combine and pour over the drumsticks.
- Garnish with parsley and scallions.

Nutrition Facts



Properties

Glycemic Index:44, Glycemic Load:0.74, Inflammation Score:-6, Nutrition Score:19.166521787643%

Flavonoids

Eriodictyol: 0.73mg, Eriodictyol: 0.73mg, Eriodictyol: 0.73mg, Eriodictyol: 0.73mg Hesperetin: 2.17mg, Hesperetin: 2.17mg, Hesperetin: 2.17mg, Hesperetin: 2.17mg Naringenin: 0.21mg, Naringenin: 0.21mg, Naringenin: 0.21mg, Naringenin: 0.21mg Apigenin: 8.08mg, Apigenin: 8.08mg, Apigenin: 8.08mg, Apigenin: 8.08mg Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg Kaempferol: 0.15mg, Kaempferol: 0.15mg, Kaempferol: 0.15mg, Kaempferol: 0.15mg Myricetin: 0.63mg, Myricetin: 0.63mg, Myricetin: 0.63mg, Myricetin: 0.63mg Quercetin: 0.81mg, Quercetin: 0.81mg, Quercetin: 0.81mg, Quercetin: 0.81mg

Nutrients (% of daily need)

Calories: 396.04kcal (19.8%), Fat: 29.22g (44.96%), Saturated Fat: 11.49g (71.83%), Carbohydrates: 5.91g (1.97%), Net Carbohydrates: 4.72g (1.72%), Sugar: 0.74g (0.83%), Cholesterol: 169.41mg (56.47%), Sodium: 446.3mg (19.4%),

Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 27.69g (55.38%), Vitamin K: 99.95µg (95.19%), Selenium: 30.44µg (43.48%), Vitamin B3: 7.54mg (37.7%), Vitamin B6: 0.61mg (30.32%), Phosphorus: 273.26mg (27.33%), Manganese: 0.45mg (22.39%), Zinc: 3.13mg (20.86%), Vitamin C: 15.55mg (18.84%), Vitamin A: 860.63IU (17.21%), Vitamin B5: 1.67mg (16.73%), Vitamin B2: 0.28mg (16.54%), Vitamin B12: 0.86µg (14.28%), Potassium: 448.64mg (12.82%), Iron: 2.26mg (12.53%), Magnesium: 42.99mg (10.75%), Vitamin B1: 0.15mg (10.03%), Vitamin E: 1.25mg (8.34%), Copper: 0.16mg (7.87%), Calcium: 65.95mg (6.6%), Folate: 21.01µg (5.25%), Fiber: 1.19g (4.76%), Vitamin D: 0.15µg (1.01%)