



## Maple-Barbecued Drumsticks

 Gluten Free  Dairy Free

READY IN



55 min.

SERVINGS



4

CALORIES



323 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- 2 pounds skin-on chicken drumsticks
- 2 tablespoons cider vinegar
- 2 tablespoons dijon mustard
- 0.3 teaspoon ground allspice
- 0.3 cup maple syrup pure
- 0.1 teaspoon pepper
- 0.3 teaspoon salt
- 2 teaspoons worcestershire sauce

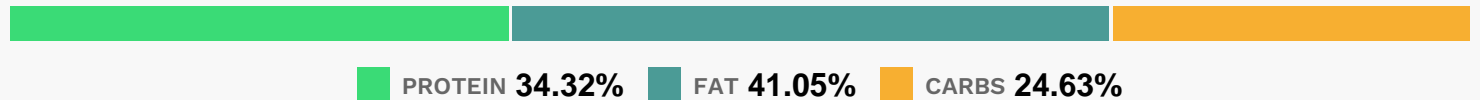
## Equipment

- sauce pan
- grill

## Directions

- Combine first 7 ingredients in a saucepan over medium heat; simmer, uncovered, 6 minutes or until sauce measures 1/3 cup, stirring occasionally.
- Prepare grill.
- Place chicken on grill rack coated with cooking spray. Cover and grill 35 minutes or until done, turning every 10 minutes. Baste chicken with sauce, and grill, uncovered, 5 minutes.

## Nutrition Facts



## Properties

Glycemic Index:38.88, Glycemic Load:6.67, Inflammation Score:-2, Nutrition Score:13.899130336616%

## Nutrients (% of daily need)

Calories: 323kcal (16.15%), Fat: 14.38g (22.13%), Saturated Fat: 3.75g (23.41%), Carbohydrates: 19.42g (6.47%), Net Carbohydrates: 19.06g (6.93%), Sugar: 16.52g (18.35%), Cholesterol: 139.8mg (46.6%), Sodium: 427.77mg (18.6%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 27.06g (54.12%), Selenium: 32.06µg (45.8%), Vitamin B3: 7.44mg (37.2%), Vitamin B2: 0.6mg (35.51%), Manganese: 0.7mg (35.25%), Phosphorus: 262.98mg (26.3%), Vitamin B6: 0.51mg (25.51%), Zinc: 3.16mg (21.1%), Vitamin B5: 1.59mg (15.95%), Vitamin B12: 0.84µg (13.93%), Potassium: 442.12mg (12.63%), Vitamin B1: 0.16mg (10.48%), Magnesium: 40.67mg (10.17%), Iron: 1.3mg (7.2%), Calcium: 54.1mg (5.41%), Copper: 0.11mg (5.32%), Vitamin K: 4.04µg (3.85%), Vitamin E: 0.32mg (2.12%), Vitamin A: 78.61IU (1.57%), Fiber: 0.37g (1.46%), Folate: 5.38µg (1.34%), Vitamin D: 0.15µg (1.01%)