



Maple Chicken Drumsticks



Gluten Free



Dairy Free



Low Fod Map

READY IN



70 min.

SERVINGS



20

CALORIES



69 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 2 pounds chicken drumettes (20)
- 0.3 cup chili sauce
- 2 tablespoons chives fresh chopped
- 0.5 teaspoon ground mustard
- 0.3 teaspoon ground pepper red (cayenne)
- 0.3 cup maple syrup
- 1 tablespoon soya sauce

Equipment

frying pan

oven

Directions

Heat oven to 375F.

Mix all ingredients except chicken.

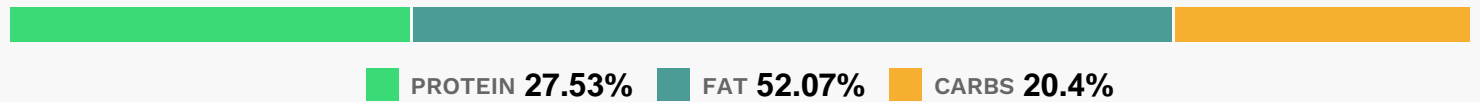
Place chicken in ungreased pan, 15 1/2x10 1/2x1 inch.

Pour syrup mixture over chicken; turn chicken to coat.

Bake uncovered 45 to 55 minutes, turning once and brushing with sauce after 30 minutes, until juice of chicken is no longer pink when centers of thickest pieces are cut.

Serve chicken with sauce.

Nutrition Facts



Properties

Glycemic Index:6.43, Glycemic Load:1, Inflammation Score:-1, Nutrition Score:2.2078260779381%

Flavonoids

Isorhamnetin: 0.02mg, Isorhamnetin: 0.02mg, Isorhamnetin: 0.02mg, Isorhamnetin: 0.02mg Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

Nutrients (% of daily need)

Calories: 69.35kcal (3.47%), Fat: 3.95g (6.07%), Saturated Fat: 1.1g (6.88%), Carbohydrates: 3.48g (1.16%), Net Carbohydrates: 3.37g (1.23%), Sugar: 2.89g (3.21%), Cholesterol: 18.86mg (6.29%), Sodium: 114.27mg (4.97%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 4.7g (9.39%), Vitamin B3: 1.55mg (7.76%), Selenium: 3.95µg (5.64%), Manganese: 0.1mg (5.22%), Vitamin B6: 0.09mg (4.71%), Vitamin B2: 0.08mg (4.54%), Phosphorus: 35.94mg (3.59%), Zinc: 0.37mg (2.46%), Vitamin B5: 0.19mg (1.92%), Potassium: 63.56mg (1.82%), Vitamin A: 82.69IU (1.65%), Iron: 0.3mg (1.65%), Magnesium: 6.37mg (1.59%), Vitamin B12: 0.08µg (1.31%), Vitamin B1: 0.02mg (1.25%), Vitamin C: 0.91mg (1.11%)