



 **10%**
HEALTH SCORE

Marinated Grilled Chicken Legs

 **Gluten Free**  **Dairy Free**

READY IN



45 min.

SERVINGS



4

CALORIES



336 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 1.5 teaspoons balsamic vinegar
- 1.5 teaspoons basil oil
- 1.5 teaspoons bottled garlic minced
- 2.3 pounds skin-on chicken drumsticks
- 1 teaspoon sesame oil dark
- 1 tablespoon sherry dry
- 2 tablespoons juice of lemon fresh
- 4 teaspoons soy sauce low-sodium

- 1 teaspoon onion powder
- 1 cup orange juice fresh
- 0.3 teaspoon hot sauce hot
- 0.5 teaspoon salt

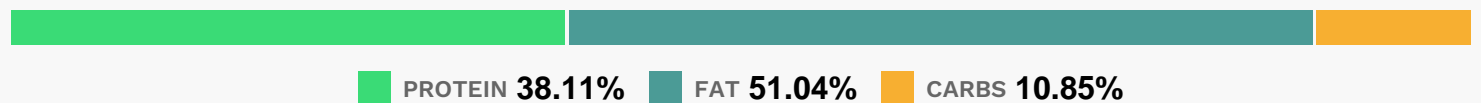
Equipment

- sauce pan
- grill
- ziploc bags

Directions

- Combine the first 11 ingredients in a large zip-top plastic bag.
- Add chicken to bag; seal. Marinate in refrigerator 2 hours, turning bag occasionally.
- Prepare grill.
- Remove chicken from bag, reserving marinade.
- Place reserved marinade in a small saucepan; cook over medium heat 3 minutes.
- Place chicken on grill coated with cooking spray; grill 30 minutes or until chicken is done, turning and basting occasionally with reserved marinade.
- Garnish with green onion strips, if desired.

Nutrition Facts



Properties

Glycemic Index:36.75, Glycemic Load:3.64, Inflammation Score:0, Nutrition Score:15.611304319423%

Flavonoids

Catechin: 0.03mg, Catechin: 0.03mg, Catechin: 0.03mg, Catechin: 0.03mg Epicatechin: 0.02mg, Epicatechin: 0.02mg, Epicatechin: 0.02mg, Epicatechin: 0.02mg Eriodictyol: 0.47mg, Eriodictyol: 0.47mg, Eriodictyol: 0.47mg, Eriodictyol: 0.47mg Hesperetin: 8.51mg, Hesperetin: 8.51mg, Hesperetin: 8.51mg, Hesperetin: 8.51mg Naringenin: 1.44mg, Naringenin: 1.44mg, Naringenin: 1.44mg, Naringenin: 1.44mg Kaempferol: 0.01mg, Kaempferol: 0.01mg,

Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg Quercetin: 0.22mg, Quercetin: 0.22mg, Quercetin: 0.22mg, Quercetin: 0.22mg

Nutrients (% of daily need)

Calories: 335.56kcal (16.78%), Fat: 18.55g (28.54%), Saturated Fat: 4.56g (28.5%), Carbohydrates: 8.87g (2.96%), Net Carbohydrates: 8.57g (3.12%), Sugar: 5.79g (6.44%), Cholesterol: 157.27mg (52.42%), Sodium: 657.11mg (28.57%), Alcohol: 0.39g (100%), Alcohol %: 0.19% (100%), Protein: 31.17g (62.33%), Selenium: 33.6µg (48%), Vitamin B3: 8.6mg (43%), Vitamin C: 34.79mg (42.17%), Vitamin B6: 0.63mg (31.65%), Phosphorus: 308.75mg (30.88%), Zinc: 3.41mg (22.7%), Vitamin B5: 1.93mg (19.28%), Vitamin B2: 0.32mg (18.85%), Vitamin B12: 0.94µg (15.67%), Potassium: 548.18mg (15.66%), Vitamin B1: 0.2mg (13.63%), Magnesium: 46.56mg (11.64%), Iron: 1.36mg (7.56%), Copper: 0.14mg (7.23%), Folate: 27.86µg (6.96%), Manganese: 0.11mg (5.27%), Vitamin K: 5.45µg (5.19%), Vitamin E: 0.61mg (4.1%), Vitamin A: 203.66IU (4.07%), Calcium: 32.24mg (3.22%), Fiber: 0.3g (1.19%), Vitamin D: 0.17µg (1.14%)