



Molly's Chicken

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

READY IN



490 min.

SERVINGS



6

CALORIES



233 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 0.3 cup brown sugar packed
- 8 ounce tomato sauce canned
- 2 cloves garlic minced
- 3.5 pounds skin-on chicken drumsticks skinless
- 0.5 cup soya sauce

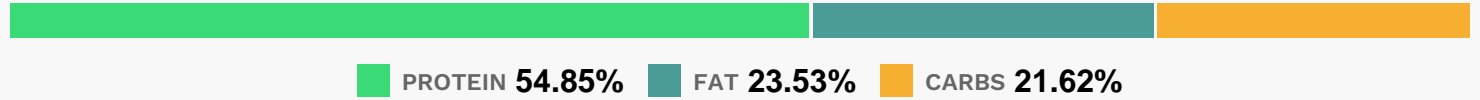
Equipment

- bowl
- slow cooker

Directions

- Place drumsticks in a slow cooker. In a medium bowl, stir together soy sauce, brown sugar, garlic, and tomato sauce.
- Pour sauce over chicken.
- Cover, and cook on Low heat 8 hours.

Nutrition Facts



Properties

Glycemic Index:15, Glycemic Load:0.88, Inflammation Score:-3, Nutrition Score:14.170434661534%

Flavonoids

Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg

Nutrients (% of daily need)

Calories: 233.48kcal (11.67%), Fat: 6g (9.23%), Saturated Fat: 1.46g (9.11%), Carbohydrates: 12.41g (4.14%), Net Carbohydrates: 11.66g (4.24%), Sugar: 10.58g (11.75%), Cholesterol: 138.12mg (46.04%), Sodium: 1433.75mg (62.34%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 31.47g (62.95%), Selenium: 32.71µg (46.73%), Vitamin B3: 9.13mg (45.62%), Vitamin B6: 0.65mg (32.68%), Phosphorus: 308.87mg (30.89%), Zinc: 3.43mg (22.89%), Vitamin B2: 0.34mg (20.12%), Vitamin B5: 1.9mg (18.96%), Potassium: 537.77mg (15.36%), Vitamin B12: 0.83µg (13.81%), Magnesium: 46.71mg (11.68%), Iron: 1.93mg (10.74%), Vitamin B1: 0.16mg (10.4%), Manganese: 0.19mg (9.28%), Copper: 0.18mg (8.83%), Vitamin E: 0.82mg (5.48%), Vitamin K: 5.53µg (5.26%), Vitamin A: 197.52IU (3.95%), Vitamin C: 2.96mg (3.59%), Calcium: 33.92mg (3.39%), Folate: 13.14µg (3.29%), Fiber: 0.74g (2.97%)