



Mumze's Sticky Chicken



Gluten Free



Dairy Free

READY IN



75 min.

SERVINGS



4

CALORIES



458 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 2 pounds chicken drummettes
- ☐ 0.3 cup plus light
- ☐ 1 pinch garlic powder to taste
- ☐ 0.5 cup soya sauce
- ☐ 0.5 cup sugar white
- ☐ 0.3 cup white wine

Equipment

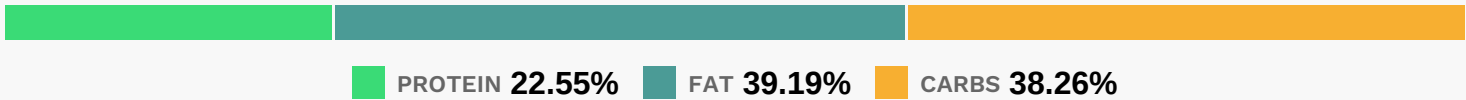
- ☐ bowl

- ☐ oven
- ☐ baking pan

Directions

- ☐ Preheat oven to 400 degrees F (200 degrees C).
- ☐ Lay chicken in a single layer in a baking dish.
- ☐ In a medium bowl combine corn syrup, soy sauce, sugar and wine.
- ☐ Pour over chicken and sprinkle with garlic powder.
- ☐ Bake in preheated oven until sauce is hot and bubbly.
- ☐ Reduce temperature to 350 degrees F (175 degrees C), and bake until thick and sticky, basting repeatedly.

Nutrition Facts



Properties

Glycemic Index:31.02, Glycemic Load:20.83, Inflammation Score:-3, Nutrition Score:9.3317390549118%

Flavonoids

Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg Catechin: 0.12mg, Catechin: 0.12mg, Catechin: 0.12mg, Catechin: 0.12mg Epicatechin: 0.08mg, Epicatechin: 0.08mg, Epicatechin: 0.08mg, Epicatechin: 0.08mg Hesperetin: 0.06mg, Hesperetin: 0.06mg, Hesperetin: 0.06mg, Hesperetin: 0.06mg Naringenin: 0.06mg, Naringenin: 0.06mg, Naringenin: 0.06mg, Naringenin: 0.06mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

Nutrients (% of daily need)

Calories: 458.23kcal (22.91%), Fat: 19.71g (30.32%), Saturated Fat: 5.49g (34.31%), Carbohydrates: 43.29g (14.43%), Net Carbohydrates: 43.06g (15.66%), Sugar: 41.96g (46.62%), Cholesterol: 94.3mg (31.43%), Sodium: 1723.57mg (74.94%), Alcohol: 1.54g (100%), Alcohol %: 0.92% (100%), Protein: 25.51g (51.02%), Vitamin B3: 8.42mg (42.1%), Selenium: 19.53µg (27.91%), Vitamin B6: 0.49mg (24.73%), Phosphorus: 202.16mg (20.22%), Zinc: 1.87mg (12.46%), Iron: 1.91mg (10.6%), Vitamin B5: 1.05mg (10.54%), Vitamin B2: 0.16mg (9.35%), Manganese: 0.19mg (9.28%), Magnesium: 35.38mg (8.84%), Potassium: 264.19mg (7.55%), Vitamin B12: 0.39µg (6.53%), Vitamin B1: 0.09mg (5.96%), Copper: 0.09mg (4.59%), Vitamin A: 180.03IU (3.6%), Folate: 10.28µg (2.57%), Calcium: 24.89mg (2.49%), Vitamin E: 0.37mg (2.45%), Vitamin C: 0.86mg (1.04%)