



Oven BBQ Chicken Drumsticks



Gluten Free



Low Fod Map

READY IN



70 min.

SERVINGS



3

CALORIES



404 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.3 cup brown sugar
- ☐ 4 teaspoons butter
- ☐ 6 skin-on chicken drumsticks
- ☐ 2 teaspoons chili powder to taste
- ☐ 2 teaspoons mustard dry
- ☐ 0.3 cup catsup
- ☐ 2 teaspoons salt
- ☐ 0.5 cup water

- ☐ 0.3 cup vinegar white
- ☐ 2 teaspoons worcestershire sauce to taste

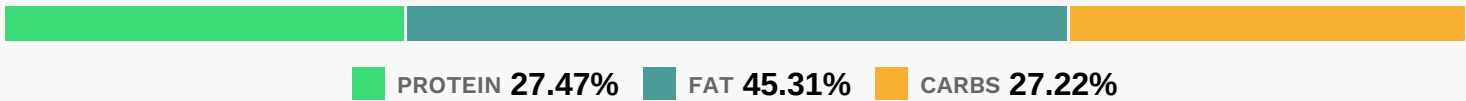
Equipment

- ☐ bowl
- ☐ oven
- ☐ whisk
- ☐ baking pan
- ☐ kitchen thermometer
- ☐ aluminum foil

Directions

- ☐ Preheat oven to 400 degrees F (200 degrees C).
- ☐ Place drumsticks in a baking dish.
- ☐ Whisk water, ketchup, vinegar, brown sugar, butter, salt, Worcestershire sauce, mustard, and chili powder together in a bowl; pour mixture over drumsticks. Cover with aluminum foil.
- ☐ Bake in preheated oven until no longer pink at the bone and the juices run clear, about 1 hour, turning chicken about halfway through. An instant-read thermometer inserted near the bone should read 165 degrees F (74 degrees C).

Nutrition Facts



Properties

Glycemic Index:33.33, Glycemic Load:0.01, Inflammation Score:-5, Nutrition Score:13.867826057517%

Flavonoids

Quercetin: 0.23mg, Quercetin: 0.23mg, Quercetin: 0.23mg, Quercetin: 0.23mg

Nutrients (% of daily need)

Calories: 403.87kcal (20.19%), Fat: 20.17g (31.04%), Saturated Fat: 7.2g (45%), Carbohydrates: 27.28g (9.09%), Net Carbohydrates: 26.57g (9.66%), Sugar: 24.07g (26.74%), Cholesterol: 153.64mg (51.21%), Sodium: 2074.24mg

(90.18%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 27.52g (55.04%), Selenium: 33.06µg (47.23%), Vitamin B3: 7.97mg (39.87%), Vitamin B6: 0.59mg (29.29%), Phosphorus: 279.2mg (27.92%), Zinc: 3.12mg (20.81%), Vitamin B2: 0.32mg (18.86%), Vitamin B5: 1.63mg (16.32%), Vitamin A: 771.96IU (15.44%), Potassium: 507.31mg (14.49%), Vitamin B12: 0.84µg (14.07%), Magnesium: 43.69mg (10.92%), Iron: 1.77mg (9.81%), Vitamin B1: 0.14mg (9.52%), Vitamin E: 1.41mg (9.41%), Copper: 0.16mg (8.14%), Manganese: 0.14mg (6.94%), Vitamin K: 6.57µg (6.26%), Calcium: 52.03mg (5.2%), Fiber: 0.71g (2.83%), Folate: 10.18µg (2.54%), Vitamin C: 1.72mg (2.08%), Vitamin D: 0.15µg (1.01%)