



Oven-fried Chicken Drumsticks



Dairy Free



Popular

READY IN



365 min.

SERVINGS



4

CALORIES



503 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.5 teaspoon cayenne pepper [organic canned \(you can find cayenne here\)](#)
- ☐ 12 skin-on chicken drumsticks ([find pasture-raised chicken drumsticks here](#))
- ☐ 1 guajillo chile pepper [dried](#)
- ☐ 1 cup nut flour ([available here](#))
- ☐ 1 teaspoon thyme leaves [fresh chopped](#)
- ☐ 1 tablespoon honey
- ☐ 1 tablespoon nutritional yeast
- ☐ 2 teaspoons sea salt

☐

0.5 teaspoon paprika smoked (available here)

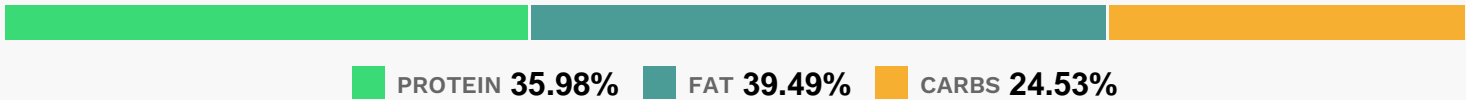
Equipment

- ☐ baking sheet
- ☐ baking paper
- ☐ oven
- ☐ whisk
- ☐ mixing bowl

Directions

- ☐ Whisk 3 tablespoons sea salt and honey with about 2 quarts warm water to create a brine.
- ☐ Place chicken drumsticks into a large mixing bowl, cover with brine, and drop in a guajillo chile pepper. Cover, and transfer to the refrigerator where the chicken drumsticks should marinate for 4 hours.
- ☐ Drain off the brine, discard the chile, and pat the drumsticks dry.
- ☐ Heat the oven to 350 F, and line a baking sheet with parchment paper.
- ☐ Whisk the flour with salt, nutritional yeast, thyme and cayenne pepper. Dredge the chicken drumsticks in the seasoned flour until well-coated, then arrange them in a single layer on the baking sheet.
- ☐ Bake for 45 minutesr, turning once, then increase the oven temperature to 425 and continue baking a further 15 minutes.

Nutrition Facts



Properties

Glycemic Index:54.82, Glycemic Load:19.56, Inflammation Score:-7, Nutrition Score:21.198695571526%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.23mg, Luteolin: 0.23mg, Luteolin: 0.23mg, Luteolin: 0.23mg

Nutrients (% of daily need)

Calories: 502.72kcal (25.14%), Fat: 21.62g (33.26%), Saturated Fat: 5.64g (35.23%), Carbohydrates: 30.21g (10.07%), Net Carbohydrates: 28.41g (10.33%), Sugar: 4.81g (5.34%), Cholesterol: 208.96mg (69.65%), Sodium: 1400.88mg (60.91%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 44.32g (88.64%), Selenium: 54.77µg (78.24%), Vitamin B3: 12.97mg (64.85%), Phosphorus: 414.43mg (41.44%), Vitamin B6: 0.79mg (39.47%), Vitamin B2: 0.55mg (32.59%), Zinc: 4.63mg (30.86%), Vitamin B1: 0.43mg (28.79%), Vitamin B5: 2.51mg (25.06%), Vitamin B12: 1.25µg (20.82%), Iron: 3.24mg (17.99%), Potassium: 610.55mg (17.44%), Folate: 65.17µg (16.29%), Manganese: 0.28mg (14.18%), Magnesium: 54.83mg (13.71%), Vitamin A: 587.16IU (11.74%), Copper: 0.19mg (9.69%), Fiber: 1.8g (7.2%), Vitamin K: 7.12µg (6.78%), Vitamin E: 0.63mg (4.17%), Calcium: 31.8mg (3.18%), Vitamin C: 1.29mg (1.57%), Vitamin D: 0.23µg (1.51%)