



## Oven-Fried Ranch Drumsticks

 **Gluten Free**  **Dairy Free**  **Low Fod Map**

READY IN



60 min.

SERVINGS



6

CALORIES



398 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- 1 oz ranch seasoning
- 1 teaspoon paprika
- 1 eggs slightly beaten
- 1 tablespoon water
- 2.5 lb skin-on chicken drumsticks (12 to 15 pieces)
- 1 cup ranch dressing
- 0.8 cup frangelico

### Equipment

- frying pan
- oven
- aluminum foil

## Directions

- Heat oven to 425°F. Line 13x9-inch pan with foil. Generously spray with cooking spray.
- In shallow dish, mix Bisquick mix, dressing mix (dry) and paprika. In another shallow dish, mix egg and water. Dip chicken into egg mixture, then coat with Bisquick mixture.
- Place chicken in pan.
- Bake 35 minutes. Turn; bake about 15 minutes longer or until juice of chicken is clear when thickest part is cut to bone (180°F).
- Serve with prepared ranch dressing.

## Nutrition Facts

**PROTEIN 24.43%** **FAT 70.07%** **CARBS 5.5%**

## Properties

Glycemic Index:2.5, Glycemic Load:0.01, Inflammation Score:-3, Nutrition Score:13.160869648923%

## Nutrients (% of daily need)

Calories: 397.9kcal (19.9%), Fat: 30.3g (46.62%), Saturated Fat: 6.12g (38.27%), Carbohydrates: 5.36g (1.79%), Net Carbohydrates: 5.24g (1.91%), Sugar: 1.94g (2.15%), Cholesterol: 154.18mg (51.39%), Sodium: 857.23mg (37.27%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 23.77g (47.55%), Vitamin K: 57.06µg (54.34%), Selenium: 28.24µg (40.34%), Vitamin B3: 6.19mg (30.93%), Phosphorus: 300.17mg (30.02%), Vitamin B6: 0.45mg (22.6%), Vitamin B5: 1.75mg (17.49%), Zinc: 2.61mg (17.39%), Vitamin B2: 0.28mg (16.7%), Vitamin B12: 0.83µg (13.83%), Potassium: 325.7mg (9.31%), Vitamin E: 1.3mg (8.68%), Vitamin B1: 0.11mg (7.51%), Magnesium: 28.82mg (7.21%), Iron: 1.12mg (6.2%), Vitamin A: 277.23IU (5.54%), Copper: 0.09mg (4.64%), Calcium: 28.81mg (2.88%), Manganese: 0.05mg (2.28%), Folate: 9.01µg (2.25%), Vitamin D: 0.31µg (2.09%)