



WHATSheATE

Panko-Crusted Chicken Drumsticks with Honey-Mustard Dipping Sauce

READY IN



109 min.

SERVINGS



4

CALORIES



396 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.3 teaspoon pepper black
- ☐ 0.5 cup buttermilk whole
- ☐ 8 skin-on chicken drumsticks
- ☐ 0.5 teaspoon dijon mustard
- ☐ 2 tablespoons chives fresh minced
- ☐ 1 tablespoon garlic grated
- ☐ 2 tablespoons greek yogurt plain fat-free
- ☐ 1.5 teaspoons honey

- ☐ 2 tablespoons canola mayonnaise
- ☐ 2 tablespoons onion grated
- ☐ 0.8 cup panko bread crumbs (Japanese breadcrumbs)
- ☐ 0.3 cup parmesan cheese grated
- ☐ 0.1 teaspoon salt
- ☐ 1.5 teaspoons mustard yellow

Equipment

- ☐ bowl
- ☐ frying pan
- ☐ oven
- ☐ knife
- ☐ ziploc bags

Directions

- ☐ Using a paring knife, cut 3 slits in the meatiest portion of each drumstick.
- ☐ Place buttermilk, onion, garlic, and drumsticks in a large zip-top plastic bag; refrigerate 1 hour.
- ☐ Preheat oven to 425
- ☐ Place a rack on a jelly-roll pan; coat the rack with cooking spray.
- ☐ Remove the drumsticks from the bag; discard the marinade.
- ☐ Sprinkle the drumsticks with pepper and salt.
- ☐ Combine panko, cheese, and chives in a shallow dish. Dredge each drumstick in panko mixture. Arrange drumsticks in a single layer on the rack; coat drumsticks lightly with cooking spray.
- ☐ Bake drumsticks at 425 for 30 minutes or until chicken is done.
- ☐ Combine mayonnaise and remaining ingredients in a small bowl.
- ☐ Serve sauce with chicken.

Nutrition Facts



 **PROTEIN 33.43%**  **FAT 52.37%**  **CARBS 14.2%**

Properties

Glycemic Index:89.57, Glycemic Load:1.98, Inflammation Score:-4, Nutrition Score:16.065652266793%

Flavonoids

Isorhamnetin: 0.35mg, Isorhamnetin: 0.35mg, Isorhamnetin: 0.35mg, Isorhamnetin: 0.35mg Kaempferol: 0.19mg, Kaempferol: 0.19mg, Kaempferol: 0.19mg, Kaempferol: 0.19mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 1.12mg, Quercetin: 1.12mg, Quercetin: 1.12mg, Quercetin: 1.12mg

Nutrients (% of daily need)

Calories: 395.72kcal (19.79%), Fat: 22.65g (34.84%), Saturated Fat: 6.28g (39.26%), Carbohydrates: 13.81g (4.6%), Net Carbohydrates: 13g (4.73%), Sugar: 4.95g (5.5%), Cholesterol: 150.17mg (50.06%), Sodium: 519.49mg (22.59%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 32.53g (65.06%), Selenium: 36.83µg (52.61%), Vitamin B3: 8.18mg (40.89%), Phosphorus: 358.85mg (35.88%), Vitamin B6: 0.57mg (28.69%), Vitamin B2: 0.4mg (23.59%), Zinc: 3.47mg (23.13%), Vitamin B12: 1.15µg (19.1%), Vitamin K: 19.63µg (18.69%), Vitamin B5: 1.84mg (18.41%), Vitamin B1: 0.26mg (17.51%), Calcium: 161.6mg (16.16%), Potassium: 444.49mg (12.7%), Magnesium: 44.86mg (11.22%), Manganese: 0.21mg (10.34%), Iron: 1.71mg (9.5%), Copper: 0.15mg (7.4%), Folate: 22.23µg (5.56%), Vitamin A: 240.85IU (4.82%), Vitamin D: 0.59µg (3.91%), Vitamin E: 0.58mg (3.85%), Fiber: 0.82g (3.26%), Vitamin C: 1.89mg (2.29%)