



Roasted Chicken Drumettes



Gluten Free



Dairy Free

READY IN



15 min.

SERVINGS



15

CALORIES



110 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 24 chicken drumettes
- ☐ 0.3 cup dijon mustard
- ☐ 1 teaspoon garlic powder
- ☐ 3 tablespoons juice of lemon fresh
- ☐ 2 tablespoons olive oil
- ☐ 1 teaspoon oregano dried
- ☐ 0.3 teaspoon pepper
- ☐ 1 teaspoon salt

☐ 2 teaspoons sugar

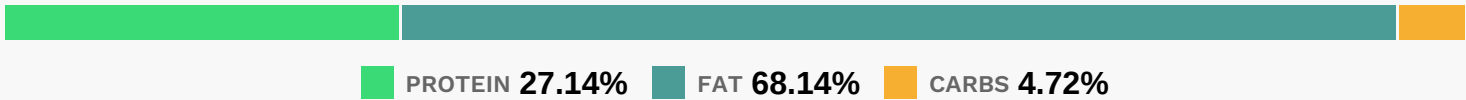
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ oven
- ☐ wire rack
- ☐ aluminum foil

Directions

- ☐ Rinse chicken with cold water, and pat dry.
- ☐ Stir together oil and next 4 ingredients in a large bowl.
- ☐ Add chicken, tossing to coat. Arrange chicken in a single layer on a wire rack in an aluminum foil-lined jelly-roll pan.
- ☐ Bake at 450 for 30 to 35 minutes.
- ☐ Combine mustard, lemon juice, and oregano in a large bowl.
- ☐ Remove pan from oven, and carefully add hot chicken to mustard mixture. Toss to coat.
- ☐ Drain and discard any accumulated fat from pan.
- ☐ Place mustard-coated chicken in a single layer on rack in jelly-roll pan.
- ☐ Bake at 450 for 8 to 10 more minutes or until done.

Nutrition Facts



Properties

Glycemic Index:9.61, Glycemic Load:0.4, Inflammation Score:-2, Nutrition Score:3.1373913132626%

Flavonoids

Eriodictyol: 0.15mg, Eriodictyol: 0.15mg, Eriodictyol: 0.15mg, Eriodictyol: 0.15mg Hesperetin: 0.43mg, Hesperetin: 0.43mg, Hesperetin: 0.43mg, Hesperetin: 0.43mg Naringenin: 0.04mg, Naringenin: 0.04mg, Naringenin: 0.04mg, Naringenin: 0.04mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

Nutrients (% of daily need)

Calories: 110kcal (5.5%), Fat: 8.28g (12.74%), Saturated Fat: 2.02g (12.61%), Carbohydrates: 1.29g (0.43%), Net Carbohydrates: 0.96g (0.35%), Sugar: 0.7g (0.77%), Cholesterol: 29.94mg (9.98%), Sodium: 244.51mg (10.63%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 7.42g (14.84%), Vitamin B3: 2.35mg (11.73%), Selenium: 7.97µg (11.39%), Vitamin B6: 0.15mg (7.3%), Phosphorus: 58.62mg (5.86%), Zinc: 0.56mg (3.76%), Vitamin B5: 0.32mg (3.22%), Iron: 0.54mg (2.97%), Vitamin E: 0.44mg (2.9%), Magnesium: 10.41mg (2.6%), Vitamin B2: 0.04mg (2.32%), Potassium: 76.61mg (2.19%), Manganese: 0.04mg (2.19%), Vitamin B1: 0.03mg (2.07%), Vitamin B12: 0.12µg (2.07%), Vitamin K: 2.09µg (1.99%), Vitamin C: 1.46mg (1.77%), Fiber: 0.33g (1.32%), Vitamin A: 63.71IU (1.27%), Copper: 0.02mg (1.15%), Calcium: 10.89mg (1.09%)